

Holiday Eating Tips

The holidays are an exciting time of the year. Keep the tips below in mind to help reduce over-eating and maintain your health goals throughout the holiday season.

Before you go:

1. DO NOT skip meals the day of the holiday gathering. Skipping meals often leads to overeating.
2. Bring a healthy dish to pass. This ensures you will have at least one healthy choice on your plate.



During the gathering:

1. Stand or sit far away from the snack/buffet table. If you cannot see the food, you will be less tempted by it.
2. Survey the buffet choices BEFORE filling your plate. This allows you to determine which foods you want to include on your plate and which ones you want to leave behind.

3. Focus on making half of your plate non-starchy vegetables, such as salad.



4. We eat with our eyes first. Create a visual feast at mealtime. Aim for 3 colors and 3 distinct textures on your plate to make your plate more appealing to the eye.



5. Wait at least 10 minutes before going back for a second helping. This will give you time to determine if you are still hungry.



6. Avoid alcoholic beverages, they add extra calories, but do not provide additional nutrients. If you would really like to have an alcoholic beverage, pour it into a champagne glass to better control your portion.

7. Dessert can quickly add extra calories, sugar, and fat to your meal.

a. Choose one dessert that will be most satisfying to you and stick to one serving of that dessert.

b. Split a serving of dessert with a friend or family member.



8. Consume a sugar-free mint or chew sugar-free gum when you are finished eating. Freshening your palate can curb the temptation to keep eating.



9. Add some physical activity to the day by going for a walk or starting a football/basketball game in the yard. This is a fun way to spend time with family while maintaining your healthy lifestyle habits.



10. Leave leftovers behind. While one day of higher calorie eating does not ruin our health goals, several days of eating leftovers can lead to trouble. If you are the host, consider purchasing take out containers to send leftovers home with your guests.

Holiday Tips I will Try this Year:
