

Healthy Holiday Eating

It's as easy as **ABC**... Start the holiday with a healthy **A**ttitude, be aware of destructive **B**ehaviors, and **C**hallenge yourself to a healthful holiday.

A (Attitude)

- ◆ Don't start dieting during the holidays – this could be a setup for failure. Have a goal of maintaining weight during the season.
- ◆ Don't view the holidays as a time to overindulge with the intent of dieting in January.
- ◆ Adopt the idea of moderation. Balance high and low calorie foods. Choose fruits and vegetables as seconds.
- ◆ Put eating in its proper perspective. Place the emphasis on the many other special aspects of the holidays instead of food – family and friends, socializing, enjoying time off.

B (Behavior)

- ◆ Stand away from the buffet table!! The temptations might be too great. Hold a drink (water is best and is calorie free!) in your dominant hand to avoid snacking all night long.
- ◆ Serve or choose smaller plates – appropriate portions will then appear like a good amount. Start with small portions and eat slowly. Remember, it takes 20 minutes for the stomach to tell the brain it is full.
- ◆ Stick with the favorites – trying foods that are not favorites just because they are there can add unnecessary calories.
- ◆ Be aware how many alcoholic drinks are consumed (the calories add up). Every other drink choose water.
- ◆ Don't accept leftovers to bring home.
- ◆ Provide a selection of low fat foods if you are the host. If you are the guest, bring fruit, vegetables, or a dish high in fiber to pass.

C (Challenge)

- ◆ **EXERCISE!** Aim for at least 30 minutes each day. Take a friend or family member along so you can maximize the time you have together. Start traditions around exercise – sledding, football game, skating, or family walk.
- ◆ Challenge yourself. This is your life, your holiday, your health and well being. Believe in yourself!