



Tips for Healthy Holiday Eating

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- ✓ Never skip meals to conserve calories.
- ✓ Snack before you head to a holiday party or family gathering (best to combine carbohydrate and protein rich foods).
- ✓ Limit or avoid high calorie beverages.
- ✓ Drink plenty of water.
- ✓ Enjoy and savor the taste of food.
- ✓ Wait twenty-minutes before indulging in a second helping.
- ✓ Practice portion control:

Serving	Size
3 oz. meat	Deck of cards
1 c. fruit or yogurt, pasta, rice	Baseball
½ c. vegetable, fruit, pasta, rice	Tennis ball
1 medium potato	Computer mouse
1 tsp. butter or margarine	Tip of thumb
1 oz. cheese	Four small dice

- ✓ Don't hang out by the buffet table.
- ✓ Split dessert with a friend.
- ✓ Increase your fruits and vegetables.
- ✓ Plan ahead with the right recipes.
- ✓ Be a selection sleuth and avoid self-basting turkeys.
- ✓ Lighten up your favorite recipes.
- ✓ Brush your teeth after the meal or snack on a piece of sugar-free gum.
- ✓ Stay active: Take a walk after the big holiday meal.
- ✓ Be realistic: Strive to maintain your weight during the holidays.



Remember that all foods can fit in moderation. You can have your favorites - just make sure to watch the portions and balance high and low fat options. You can find other nutrition information by checking out the website <http://web/fns/>