



Holiday Eating Strategies

During this holiday season, you can enjoy your favorite holiday foods when you plan ahead and eat in moderation!

- ❖ Prepare a healthy recipe if you are asked to bring a dish.
- ❖ Eat a small, healthy pre-party/dinner snack to help curb the urge to splurge!
- ❖ Drink plenty of water the day of the party, and sip low-calorie drinks throughout the event to take the edge off your hunger.
- ❖ Limit alcohol to 1 drink for women and 2 drinks for men, if you are permitted to drink, as alcohol contains many calories and will increase your urge to overeat.
- ❖ Survey the buffet table before making choices, choose two to three of your favorite items in moderate portions and then fill your plate with lower calorie foods.
- ❖ Eat slowly and savor the tastes and textures of all the foods.
- ❖ After getting your food, move across the room so the buffet table won't be tempting you to get seconds.
- ❖ Focus your holiday energy on conversations with family and friends. Remember, you are in control of your healthy lifestyle!

The table below can help serve as a guide for swapping out some of the higher-calorie seasonal dishes for lower-calorie ones. If you do overindulge, just balance your next few meals accordingly and add an extra exercise session or take a walk with friends and family.

CHOOSE THIS!	INSTEAD OF THIS....
Sparkling water with lemon or lime	Regular soda
Diet soda and 1 oz Liquor (e.g., "Rum and Diet")	Wine, Margarita or other mixed drinks
Pretzels	Potato chips
Popped Corn (without butter)	Popcorn balls
Hot Cocoa made with skim or 2% Milk, Cocoa powder and sugar substitute	Eggnog
Veggies and Dip	Cheese and crackers
Baked Turkey without skin	Fried turkey
Steamed green beans w/mushrooms	Green bean casserole
Cranberry relish	Gravy
Brown Rice	Dressing
Gingerbread cookie	Frosted cookie
Pumpkin pie	Pecan pie
Divinity	Chocolate truffle
Zucchini or Banana Bread	Fruit Cake

Consider making this contract with yourself...

I know it is possible to enjoy the wonderful food of this holiday season and keep my health goals intact.

Today, I make a promise to myself to make healthy food choices during this holiday season.

I will balance my food intake.

I will limit the sweets and desserts I eat.

I will avoid grazing between meals.

If I drink, will do so in moderation.

I will maintain my activity level.

I promise to enjoy this special time of the year and give thanks for my health, happiness and the love of my friends and family.

