HEALTHY HOLIDAY EATING!
10 Tips to Eat Smart This Holiday Season

1. **Never Go To A Party Hungry**

Curb your hunger and prevent over-indulging by eating a healthy snack or meal before heading out to a gathering.

2. **Make Finding Healthy Options Easy**

Bring a heart-healthy appetizer or dessert with you to each gathering to ensure there will be at least one healthy option to choose from.

3. **Learn How To Say No**

Know that you are not obligated to eat high calorie food that is offered to you by your loved ones. Learn to politley say *"no, thank you"*!

4. **Moderation Is Key**

It is impossible to gain weight from that one piece of pie you ate. Remember it takes 3,500 calories per week above normal consumption to gain one pound. What you do everyday matters more than what you do every once in awhile.

5. **Make Being Active a Part of Your Holiday Tradition**

Sign yourself and your family members up for a holiday themed race/walk or take a trip around your neighborhood to see the lights! Dress up in a holiday costume and create memories together!

6. **Limit Alcoholic Beverages**

Before a social event, plan your alcoholic intake to limit peer pressure. Alternate between alcoholic and non-alcoholic drinks to help pace yourself and stay hydrated. If you want to avoid alcohol altogether, sparkling water is a great alternative and still feels festive!

7. **Mindful Eating**

No one likes having to unbutton that top button on their jeans. Eat mindfully – it takes about 20 minutes for your brain to let you know that you're full.

8. **Prioritze Vegetables**

Make your plate colorful by including fruits and veggies. Aim to cover half your plate with fruits and vegetables.

9. **Socialize With People, Not Food**

Move socializing away from the buffet or appetizer table to prevent mindless eating.

10. **Enjoy Yourself!**

This is a time for celebration and relaxation. Choose your favorite holiday treats wisely and avoid foods you can have any other day of the year.

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