

A festive holiday dinner table setting is shown in the background, featuring a white tablecloth, a grey napkin with a gold snowflake ring, and a glass. The scene is decorated with a small gold Christmas tree and silver ornaments. A teal overlay covers the center of the image, containing the title and a short paragraph.

# Healthy Holiday Eating Tips

Simple ways to avoid holiday weight gain and start the new year on a healthy note.

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The holiday season is a time of happiness, marked by the presence of loved ones, laughter, a festive spirit, and of course... lots of food!

Tempting treats like eggnog, holiday cookies, and Grandma's irresistible pecan pie can make it challenging to maintain your desired health - both physically and mentally.

Fortunately, you can partake in the holiday festivities without compromising your health objectives.

Continue reading to discover how to do just that.



## Bring a healthy dish to share

Going to a social gathering and uncertain about the availability of nutritious choices? Why not take a wholesome dish along... This ensures that there's at least one healthy option for everyone to enjoy.



## Find healthy swaps

Think about creating a healthier twist on holiday dishes. Opt for baking your turkey instead of deep frying. Use orange juice as a natural sweetener in cranberry sauce instead of sugar. And try mashing cauliflower as an alternative to potatoes.





### **Mindful Eating**

Remember, it might take your brain as much as 20 minutes to register that you've had enough to eat. Therefore, take your time during holiday meals, eat with awareness, and fully enjoy every mouthful



### **Don't skip meals (especially when you have your meal times within your eating window with intermittent fasting)**

Stick to a meal schedule to keep your blood sugar steady and prevent overeating.



### **Fill up on those vegetables**

Vegetables are packed with nutrients, low in calories, and high in fiber, aiding in prolonged satiety. During holiday get-togethers, try to fill half your plate with vegetables and prioritize eating them first.



### **Watch your portions**

There's nothing wrong with indulging in your favorite foods. Just watch your portion sizes and don't overdo it. Try using a smaller plate. Start with a small portion, and go back for seconds if you need more.



### **Drink smart**

Alcoholic beverages are high in empty calories, which add up. Alternate your drinks with a glass of water, or dilute your wine with sparkling water. Alternatively, you can opt for a celebratory holiday mocktail or a cozy cup of warm tea.



### **Movement**

Balance out additional calorie intake by targeting at least 30 minutes of physical activity on most days. Encourage family involvement with post-dinner walks, backyard touch football matches, or an entertaining dance party.



### **Watch where you stand**

Being near the food table can lead to unconscious snacking as you socialize. To avoid this, fill up your plate and then find a spot across the room to mingle.



### **Resisting Food Pressure**

Facing pressure to consume unhealthy items? When a friend or relative persists even after you've said no, respond with confidence and a polite refusal. Maintain your stance and repeat 'No, thank you' until they respect your choice.



### **Upgrade your sweets**

As the holiday season approaches, temptations abound. However, it is possible to indulge in festive delights while staying true to your health objectives. Opt for healthier alternatives, sweetened naturally with ingredients like honey, maple syrup, dates, coconut sugar, or monk fruit



### **Don't shop hungry**

Planning a trip to the mall for holiday shopping? Make sure to eat something beforehand. This strategy helps prevent sudden hunger pangs and reduces the allure of tempting treats like Cinnabon. Carrying snacks with you is wise, too. Healthy choices include jerky, nuts, and protein bars.

Happy  
holidays