



Cheers to a Healthy Holiday!

The buzz of the holidays – the socializing, gift-giving and of course, eating – can be exhilarating. But all these extra activities can also upset weight management goals. However, with a little planning and a few tried-and-true tips, you can still enjoy the holidays without sacrificing your taste buds or your waistline.

MEALTIME:

- **Stick to your normal routine** and avoid skipping meals; you'll have more willpower to pass on that tray of goodies if your tummy isn't growling.
- **Eat most of your meals at home;** you'll save money and calories, too.
- **Stock up on ingredients**, such as canned tuna, tomatoes, good olive oil, whole grains, and frozen vegetables, for quick and easy meals.
- **Be conscious of what you eat.** Research has shown we feel fuller with less food when we eat mindfully. Little unconscious nibbles throughout the day, like a piece of candy offered by a co-worker, the "taste test" of the cookies you baked, or samples at the market, can add up to unwanted calories before you know it!

ON THE GO:

- **Stay hydrated.** The air in malls and stores can be downright drying this time of year. Keep a small bottle of water with you and sip as you shop.
- **Shop on a full stomach;** you'll be less tempted to nibble on in-store samples or buy impulse items.
- **Opt for healthy snacks** such as trail mix, nuts, fresh fruits, and smoothies that you can enjoy on the run. A small handful of almonds or walnuts, for instance, can help stave off hunger pains and keep you energized until you have time to sit down to a meal.

PARTY TIME

- **Before leaving for a party,** drink water or eat hydrating foods, such as a small serving of veggies and hummus. When you're hydrated and not starving you'll be less apt to overindulge at the get-together.
- **Enjoy the party fare, but don't graze.** Fill your plate with lots of vegetables, fruits, and whole grains. Once you've served yourself, move away from the buffet table and find someone interesting to talk with!
- **If you're the host,** serve healthy options such as stuffed grape leaves, salsa, whole grain salads and bread, fresh and dried fruits, and vegetables.
- **If you're the baker in the family,** swap out at least half of the white flour in your recipes with whole-wheat flour. Top crisps and crumbles with a healthier mixture of oats, chopped nuts and a bit of brown sugar and vegetable oil.

KEEP IT REAL.

- **Relax mentally and physically.** Dance to music when you're baking, take walks after dinner, take the stairs whenever possible. Physical activity throughout the day helps keep your mind clear and stress levels low.
- **The holidays are about spending time with loved ones** and less about the ideal gift or perfect outfit. So breathe, enjoy nourishing foods, and just as importantly, savor the company of good friends and family.

As the holidays fade, these tips can serve you well as you go into the New Year, too!