

# Enjoying the Holidays the Healthier Way:

## Tips and Tricks for Holiday Dining

- ❖ ***Saving calories for the party tonight, doesn't mean saving your waistline.*** When you don't eat during the day, you will likely be starving by the time the party starts. As a result you will probably end up eating even more at the party than you would have if you had eaten meals during the day. Instead, be mindful of what you're eating during the day. Make sure to focus on fruits and vegetables, as it's more likely that there will be fewer of these at the party.



- ❖ ***Don't put your exercise routine on the back burner for the holidays- instead turn it on full blast!*** Try to get an extra 15 minutes each day. Wake up a bit earlier, or try to squeeze in some extra steps throughout the day. Take the stairs, park at the far end of the parking lot, or get up and walk to your co-workers desk instead of sending an email.



- ❖ ***You booze, you lose!*** Be mindful of how much alcohol you are drinking during the holidays. Each 1 ½ oz of 80 proof hard liquor has about 100 calories. When you add that to 8 oz of juice you're drinking up to nearly 250 calories. Just 4 oz of eggnog with a shot of rum puts you up to an extra 400 calories from liquids. Instead go for calorie-free seltzers, or better yet, water!



- ❖ ***Make sure there is at least one healthy option at the party.*** Bring a dish you know has some nutritional value. Try a fruit plate or veggie sticks with a low fat dip. You will also please the host!



- ❖ ***Survey the table for splurging.*** Take a couple minutes to see what options are available. Instead of walking down the buffet line and grabbing everything you pass, pick and choose a few you really want to eat. Leave the "so-so" dishes behind and go for the "gotta have" dishes instead...in moderation of course!



- ❖ ***Substitutions can be simple solutions.*** You can still make some of your favorite holiday dishes- but whenever possible use lower calorie, lower fat, or lower sodium options. Instead of using full-fat sour creams, yogurts, and cheeses, opt for reduced-fat or fat-free options. Try unsweetened applesauce instead of oil in baked goods, or cut the sugar in half and add an extra splash of vanilla extract or spices.

