

Healthy Holiday – Eating Tips



Holiday Eating

This time of year gives many people anxiety for several reasons; Christmas shopping, decorating, and let's not forget balancing our way through the holiday season without overeating! With endless options of food for the family comes holiday eating. Take time to eat well and move your body to help you feel your best. Use these tips to make your holiday a healthy one.

Start the day right with a healthy breakfast.

Get energized with the most important meal of the day. Starting your morning off right helps set a positive tone for the rest of the day. This can be challenging for those who don't consider themselves morning people. Have yourself a healthy breakfast to start your day right.

Make fruits and vegetables part of your holiday meal.

Notice that not many vegetables are served during the holiday season. Consider bringing a dish of non-starchy vegetables to your holiday gatherings. Some people find it helpful to eat them first. Before enjoying the roasted turkey, glazed ham, tamales, or pie, have a serving of the vegetable dish, that way you take in those vegetables before getting full. Vegetables tend to be high in nutrients and fiber – overall good for your health.

Savor each bite.

It takes 20+ minutes for your brain to get the signal that you are full. Remember to eat slow and wait before going for seconds. Pace yourself and savor every delicious bite. This can reduce overeating during the holidays.

DO NOT SKIP MEALS.

During the holidays, many people tend to skip breakfast and lunch to “save” all of their calories for dinner, which typically leads to overeating. Instead, have a balanced breakfast and enjoy a satisfying lunch. Choose nutritious cooking methods for these meals. Find ingredient substitutions and recipe makeovers that can boost the nutrition of your daily meals.

Remember to hydrate.

It can be easy to forget to drink water during this busy time. If you're going to drink, try to alternate between water and alcohol to minimize intake and stay hydrated. You can also reduce your alcohol calories by using seltzer water as a mixer for hard liquor.

Resist the urge to fall into a food coma.

Walking is one of the healthiest habits you can have during the holidays, especially after a big meal. Taking a good 15–20-minute walk after a meal can help ease digestion and stabilize blood sugar levels.

Make physical activity a priority the day of.

In addition to walking, consider incorporating winter physical activities into your holiday festivities. Sledding and ice skating are two ways to stay active which the whole family can enjoy.