Healthy Holiday Eating

- Set yourself up to succeed - don't try to diet during the holidays - just maintain your weight.
- Savor the flavor! Eat slowly.
- Pre-plan healthy meals and snacks, and stick to the plan.
- Have the healthy snacks within easy reach!
- Substitute fruits for fast foods on hectic days.
- Have small portions of holiday favorites such as eggnog and desserts.
- Beware of food additives such as butter and cream in soups, and sugar and syrup in desserts and specialty coffees.
- Fill your plate with the lower-fat foods such as cranberry dishes, pumpkin, green beans, asparagus, veggie salads, lean turkey, pasta, or bread.
- Take low calorie dishes to holiday pitch-in events.
- Stay far away from the buffet table and indulge in conversation, not alcohol or high-calorie food.
- If you choose to drink alcohol, eat something first and drink a full glass of water before the alcohol drink.
- Exercise when you can.

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