



Healthy Holiday Eating

Even though the holidays are a time of food, fun, and many family gatherings, it doesn't mean you can't eat healthy. Typically most celebrate the holidays with several feasts and parties involving sugary, high fat foods. It is not uncommon for the average person to gain one to five pounds during the holiday season. It becomes especially alarming, because most don't ever lose the extra weight. Don't let this holiday season get you off track of your healthy eating habits. Here are a few tips to help keep you on track.

Offer to bring a healthy dish. This provides you the guarantee of at least one lower calorie option, and your host will greatly appreciate the help.

Stay away from sugary beverages. It is easy to accumulate several empty calories throughout the holiday by not watching your beverage intake. Keep in mind drinks like eggnog and hot chocolate can be high in fat.

Encourage physical activity. Having several people together is a perfect opportunity to play games. Playing physically active games with the Wii or Kinect could be a fun option too.

Modify holiday recipes. There are several tasty ways to modify different holiday recipes to make them lower in calorie. Add fruit puree to baked goods, use egg whites instead of the whole egg in recipes, and use fat-free or low fat dairy products.

Moderation is the key. Remember it is ok to allow yourself these holiday treats, but don't allow yourself to become overwhelmed with poor food choices.

Resources:

Healthy Ohio, Healthy Lifestyles Page: www.healthyohioprogram.org/healthylife/healthylifestyle.aspx

Student Nutrition and Body Awareness Campaign: www.snac.ucla.edu/

American Dietetic Association: www.eatright.org