

Tips for Healthy Holiday Eating

The average amount of calories in one holiday meal is about 3,000 calories, 1,000 calories more than the suggested daily intake.

1 Facing temptation

It is easy around the holiday season to lose track of how much food you are consuming and to lose track of your dietary goals. With so many holiday events, busy schedules, and delicious offerings readily available; even the most strong-willed individuals can fall prey to bad eating habits. We hope to offer some tips for healthier choices that still allow you to enjoy the holiday season.

2 Smart choices

As tempting as it might sound to go straight for the cookies and pies, be sure to include plenty of vegetables and lean protein into your meals. Do not eat quickly as it takes an average of 20 minutes for your brain to receive the signal that you are full. Exercise portion control and keep to your usual dining times. Don't skip meals to save for a large feast - this will cause large fluctuations in blood sugar and can even lead to illness.

Avoid too much alcohol and consider alternating water with other beverages to maintain hydration and balance in the body. Remember moderation is important and to never over-do a good thing.

3 Stay active

You should use the holiday hustle and bustle to your advantage. While shopping, cooking, cleaning, working and decorating, be sure to keep moving. Even if you are unable to do a formal exercise routine you are still able to integrate calorie burning activities into your everyday routine. Even taking an extra 10-minute brisk walk will help combat additional holiday calories.

4 Stay cheerful

Do not turn the holidays into a negative experience by thinking you cannot enjoy different foods and activities. There is no reason to feel guilty about choices. If you feel you have been overzealous in your diet just be sure to make an effort to correct the behavior. Focus on enjoying the holiday season and spending time doing things that make you happy without worry.

Did you know?

Reducing the total amount of fat intake to less than 30% of total calories helps prevent unhealthy weight gain.

For more information on nutrition and supportive resources please visit www.nutrition.gov

References:

<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/holiday-healthy-eating-guidek>

<https://www.cdc.gov/features/diabetes-management/index.html>