

Healthy Eating During the Holidays

Food is everywhere during the holiday season making it hard to stick with healthy eating and exercise habits. With a little planning you can make it through the season without spinning out of control. Below are some ideas to help you and your family:



- Eat regularly. Skipping meals can lead to over eating. In the holiday rush, do not forget breakfast. By eating regular meals, you will be less tempted to overeat.
- Load up with color. 'Tis the season for red and green. Fill half of your plate with vegetables and fruit. This will increase your intake of these healthy foods and will also help balance out high calorie foods. Choose fresh veggies, leafy green salads, fruit and vegetable soups as starters to holiday meals or healthy snacks.
- Enjoy your holiday favorites. Enjoy the special foods like short bread cookies, peanut butter balls, pies and stuffing but watch your portion sizes. Use smaller plates. Do not feel that you need to clean your plate at every meal or snack. Pass on high calorie foods that you may have at other times during the year. Review your food choices before you make the decision about what you add to your plate. Decide which foods are worth taking and what you want to ignore. Enjoy what you have on your plate.
- Be active. Balance out holiday eating with holiday activities. Go for a family walk to look at the lights, build a snowman, do an extra lap while at the mall or walk an extra block.

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