

Healthy Eating During the Holidays

Resource created by: Brittney from Exploring Healthy Foods

I believe that you can still enjoy your favorite holiday foods while also staying true to your healthy lifestyle. Here are my top tips for eating healthy during the holidays:

For even more tips to living a healthier life I recommend checking out my [back to basics nutrition resource guide](#).

- 1 Offer to bring a healthy dish to the party.** Offer to bring a salad, healthy side dish (recipes [here](#)) OR make two versions of a traditional food. For example, if you always bring your signature cookies to a gathering, try making a healthy version as well. This way, guest can still enjoy the traditional food but also have the option of a healthier alternative.
- 2 Set goals/rules for yourself.** Create rules that you think you will be able to achieve. Some examples: Limit yourself to one small appetizer plate; No more than two alcoholic drinks throughout the night; Make your dinner plate half vegetables and the rest whatever you like; Don't go up for seconds; Limit yourself to 1-2 dessert items.
- 3 Limit the amount of unhealthy beverages/alcoholic beverages.** Whether it's punch, soda or juice, these calories will add up FAST! If you want to have an alcoholic beverage, I recommend limiting your intake to no more than 2 drinks. Be sure to drink a lot of water in between to help with hydration. Be mindful of the "mix" that you choose with your alcohol; try to avoid the high sugar soda/juices (opt for pure juices, water or choose wine).
- 4 Limit snacking.** Don't let yourself fall into unhealthy snacking habits just because it's the holidays. I recommend staying mindful during the holidays and eating when you are hungry and stopping when you are full.
- 5 Don't skip meals.** I hear a lot of the same things when it comes to skipping meals like... "There will be a lot of food at dinner, so I won't eat lunch". It's better to go to a gathering somewhat full to help avoid overeating. Going to a gathering on an empty stomach will promote over snacking and binge eating. Continue to eat healthy meals and drink a lot of water before going to a holiday gathering.
- 6 Stay mindful.** As mentioned above, being mindful of how much your eating is extremely important. Only eating when you're hungry and stopping when you're full is important to remember during the holidays. I suggest eating slowly, drinking a few sips every now and then. See more about mindful eating and portion sizes [here](#).
- 7 Exercise & Sleep.** Continuing/(or starting!) to exercise during the holidays is important because it will help you feel better. Even if it's only a little bit everyday, it's a lot better than no exercise. **Sleep:** Holidays are normally pretty busy, but that shouldn't mean your sleep schedule should be affected. Aim for 7-10 hours of sleep every night.



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