

How to Have a Healthy Holiday

TIPS TO HELP YOU STAY ON TRACK

DON'T SAVE UP

- It is very common for people to "save up" their calories during the day if they are expecting a big meal ahead. Often this leads to over-consuming food after we have neglected our hunger hormones all day.
- *Tip: Have a snack full of protein, fat, and fiber before your meal or run out the door for a party with endless food.*

INCREASE YOUR VEGGIES

- Vegetables provide a great amount of fiber that allow you to feel fuller longer. They also keep your digestive tract flowing after a big meal!
- *Tip: Try to make half of your plate full of nutrient dense veggies.*

HAVE PROTEIN AND FATS

- Protein will help increase satiety hormones. Always include a protein source to every meal such as poultry, fish, red meat, eggs (with yolk!), beans and legumes.
- Fat will help balance blood sugar and also boost satiety hormones. Healthy fats can positively impact blood cholesterol levels and decrease inflammation. Look for nutrient dense sources like avocados, eggs, nuts, seeds, olive oil, and fatty fish.

WATCH PORTION SIZES

- It is easy to overdo portion sizes when we are self serving from family style meals. A helpful strategy to manage food intake is to keep portions of protein and carbohydrates to the size of your fist.

TAKE A WALK

- A walk post meal will help lower blood sugar levels. Grab your family member or friend after a meal and enjoy quality time with some movement!

BRING YOUR OWN DISH

- If you are worried about not having a healthy option at a party, offer to make and bring a healthy dish to share.

BE MINDFUL

- Eat slowly and take time appreciating the aroma, color, and tastes from your plate.
- *Tip: Try putting your fork down between each bite to ensure you are eating slowing and listening to hunger signals*

BE KIND TO YOURSELF

- RELAX! If you feel you overate, tomorrow is a new day to get back on track! Start your day with exercise :)

