

# Healthy Holiday Eating Tips

Want to enjoy the holidays and still reach your health goals? Follow these tips to stay on track with health friendly eating that allows some treats without making you feel guilty after the festivities are over. Have a holly jolly holiday season!



## Go Light on the Salt

- Opt for the veggie tray for your appetizer. Avoid the olive and pickle tray.
- Opt for some pita with hummus instead of salty chips or pretzels with fatty dips.
- Use some salt in cooking and then avoid adding any salt at the table.
- Enjoy turkey rather than ham, and go light on the gravy especially if it's pre-prepared (commercial products may be higher in sodium).
- Enjoy a little bit of mashed potato and stuffing, but hold the extra salt and gravy.
- Stick with steamed vegetables rather than Aunt Jo's green bean casserole (the canned soup used in this recipe is high in sodium).
- A moderate serving of dessert eaten slowly and savored can be a real treat!

## Pile up On Veggies and Go Slow on the Sweets and Extra Carbs

- Eat as you normally would and follow your plan. Don't skip meals to fill up on the main event.
- Use the MyPlate method for your holiday meal – filling half your plate with vegetables, and adding a serving of turkey with a side of your favorite starch such as sweet potatoes.
- Take it easy on the extra carbs from bread and starchy side dishes. Including a small portion of mashed potato and/or stuffing is fine, just keep portion sizes normal.
- Watch your main meal carbs so you can have a small piece of Grandma's special holiday pie for dessert.

## Keep it Heart Healthy

- Enjoy a glass of wine with dinner if it doesn't interfere with medications.
- Pile your plate with steamed vegetables, and a side of baked beans and turkey.
- Opt for beans if available – baked beans or bean salads can be good heart healthy choices.
- Choose fresh fruit or a small piece of fruit pie for dessert.
- A small serving of a decadent dessert or a holiday cookie isn't going to hurt in the long run.

## Cocktail Party? Buffet Jitters?

- No worries if you plan ahead!
- Choose a glass of red wine or a wind spritzer to sip and savor – a little can go a long way if you talk more than you drink!
- Survey the spread of food and plan how you will fill your plate before you get in line.
- Plan half your plate for veggies, and add a small portion of meat or cheese, with the balance of healthy starches.
- Dessert buffet? Take a break after your main meal and think this through. Choose carefully (fruit or a small piece of your favorite dessert). You'll feel good about these choices tomorrow!

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