



Make your table holiday full of delicious and nutritious dishes!

Help! I can't seem to stay on a healthy eating plan from Thanksgiving all the way to New Year's Do. What can I do?

Eating during the holidays certainly can be stressful, especially with holiday parties occurring on a weekly basis. Here are a few tips that you can use to help keep you eating and moving so that your holiday season is full of joy, connection, and health. Cheers!



Who We Are

TYPENUTRITION, INC

Our nutritional consultants specialize in providing customized nutrition programs based on individual type for people ages 18 and older.

EAT WELL, LIVE WELL, BE WELL.

References

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**EAT
HOLIDAY
SMART: A
GUIDE FOR
HEALTHY
HOLIDAY
EATING**



Holiday Tips to Eat Healthy & Smart and Enjoy the Holidays!

- Eat breakfast and lunch and avoid the idea of skipping meals for a big feast later on.¹ You will be so hungry that by the time the party rolls around, you will eat anything in sight.
- Be realistic about trying to lose weight during the holidays.² Instead, think of maintaining a healthy weight and allowing yourself some treats you normally wouldn't eat during the rest of the year.

Holidays can be stressful.

Especially when you want to stay healthy and well.

Why struggle to stay healthy during the holidays when a few simple tips can save you time and energy and also help you eat smart to stay healthy all season long!

- Plan ahead and eat a light but filling snack (like a piece of fruit, or a small container of yogurt, or a handful of nuts and small piece of cheese) before arriving to a party.³
- Circle the buffet table once before choosing the food you want to eat.
- Choose fruits and vegetables served raw, grilled, or steamed. Avoid dishes full of cream, butter, and gravy sauces.
- Limit alcohol drinks since they can be high in calories and can stimulate your appetite. Set a limit of one or two drinks per party.
- Have club soda/sparkling water with lemon or lime and a splash of fruit juice for a refreshing and hydrating drink.⁴
- Be A mindful: if you taste something that you don't like, don't finish it!⁵



Holiday eating can be festive and fun while being healthy, too.

Make a Promise to Yourself!

Healthy Holiday Eating Promise

Promise

"I know that is it possible to enjoy eating wonderful food this holiday season **and** stay healthy and well. Today, I promise to make healthy food choices during this holiday season. I will balance my food intake and limit the amount of sweets and desserts I eat. I will eat three complete meals a day and avoid grazing in between. I will maintain my current exercise activities and make sure I am sleeping at least 7 to 9 hours a night. I promise to enjoy this special time of year and give thanks for my health, happiness, and the love and blessings of my family and friends."

Signature

Date

Sign and date this promise and keep it posted where you can see it every day.

Happy Holidays!