Make your table holiday full of delicious and nutritious dishes!

**Who We Are**

**TYPENUTRITION, INC**

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

**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!

**EAT WELL, LIVE WELL, BE WELL.**

References


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.¹
• 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.²
• Be A mindful: if you taste something that you don’t like, don’t finish it!³

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!

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.

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