

# Holiday Healthy Eating Guide

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*I found this interesting article on the American Heart Association website. Very good article with strategies for eating well during the upcoming holiday season. Happy Holidays and healthful eating! Submitted by Jan Barker, member of the Jo Daviess County Wellness Coalition.*

These easy tips and recipes will help you stay healthy and mindful as you celebrate the holidays with friends and family. You can eat well and be well this holiday season, with these tasty treats, party tricks and simple strategies.

Deck the halls, but don't ditch your diet! Stay heart-healthy with seasonal, healthy foods.

## **Enjoy in moderation.**

Is it even possible to eat healthy during the holidays? Yes! And you can do it without FOMO or a lot of effort.

Grandma's fudge is a family tradition, and your coworker's cookies are calling you from the breakroom. Indulging a little won't hurt — so lighten up! No, we mean that literally. Enjoy holiday treats in smaller portions, make healthy substitutions where you can, and plan ahead for merry meals that are healthy, too.

## **Include lots of seasonal, colorful fruits and vegetables.**

Do you decorate for the holidays with a lot of color? Treat your plate the same way. Fruits and vegetables will add flavor, color and nutrients to holiday favorites. And they help you feel fuller longer so you can avoid the temptation to overeat.

## **Slash unwanted calories with easy swaps and substitutions.**

Learn where excess calories, sodium, saturated fat and added sugars are hiding in traditional holiday foods and beverages, and some easy swaps to avoid them. Our guide will show you how.

Navigate holiday parties like a boss.

From the obligatory workplace parties to family get-togethers, your calendar may be bursting with opportunities to eat and drink outside of your regular routine. Make a plan

that will help you resist plowing through the buffet table, like having a healthy snack beforehand.

### **Sprinkle in opportunities to be active.**

Keep the inevitable indulgences in check by staying active. Enjoy some winter sports for a change of pace, or schedule in a quick walk or workout before you head to the next party.

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