

Ho-Ho-Holiday Eating the Healthy Way



Get Rid of the Baggage

Be positive and remind yourself you are in control. Eliminate negative mindsets that undermine a healthy lifestyle. Remember, the benefits of eating healthy far outweigh the pleasure of a feeding frenzy.

Maintain Don't Gain

Focus on weight management rather than weight loss. Do not plan to diet after the holidays.

Move Your Body

Plan time for exercise. Exercising helps relieve holiday stress and prevent weight gain.

Set the Example with Healthy Choices

If you go to a party, offer to bring healthy choices. If you throw a party, balance lean and light party food with indulgent food.

Appetite Control

Pace yourself, be aware of what you are eating and drinking. Eat until you are satisfied, not stuffed. Never eat beyond your body's physical hunger.

Portion Control

Select small portions. This will allow you to enjoy all the foods offered, while still controlling calorie intake.

Alcohol

Select lite wines and beers instead of mixed drinks.

Nibble Temptation

Stay away from buffet tables and food trays to avoid the urge to constantly nibble.

Family and Friends

Talk more and eat less. Make the holiday season about enjoying company, than all about the food.

The Rainbow

Fill your plate with a rainbow of colors. Choose a variety of fruits and vegetables.

No Thank You to Food Pushers

Learn to say "no" politely – "No thank you. Everything was delicious, but I have eaten plenty!"

Strive for Progress Not Perfection

Stay on the right track by sticking to your healthy eating plan 90% of the time and allowing yourself a 10% splurge. Don't let a slip up make you give up, you can do it!

Give the gift of health this holiday season! Gift Certificates available for Personalized Nutritional Consultations, contact:

Cindy Kleckner, RDN, LD, FAND • 214-293-5306 • ckleck@aol.com