

Healthy Choices During the Holidays



Set Realistic Goals

Try to maintain your weight, just don't gain weight.



Don't Skip Meals

Start with a breakfast that is high-fiber and low in saturated fat. Try whole grain cereal or toast, fruit and milk.



Eat a Healthy Snack Before the Party

Never arrive at a party with an empty stomach. Eat a large salad with a small amount of dressing, or have a piece of fruit or a small serving of whole wheat crackers.



Drink Plenty of Low-Calorie Beverages

Drink water with lemon slices or a splash of 100% fruit juice. *Adults:* Limit your alcohol. It's high in calories and can make you more hungry.



Take a Healthy Dish to the Party

This way you can make sure you have a healthy option at the party. A raw vegetable or fruit tray is a great choice!



Give Your Holiday Baking a Healthy Touch

When you do your holiday baking, try some healthy substitutes. Cut back the sugar to half the amount or use unsweetened applesauce instead of butter.



Make Physical Activity Part of Your Holiday

Join a new exercise class at a community center. Give gifts that encourage healthy habits such as exercise active video games or reusable water bottles.



Enjoy the Outdoors

Bundle up for a walk or go sledding. Any physical activity is good!



Focus on Having Fun

Focus on the fun at a holiday event, not just the food. Play games, dance and laugh!

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