

# 12 Tips for a Healthy Holiday Season

1. **Manage your stress levels.** Especially if you tend to react to stress by eating. Do the holiday things you really enjoy, and forget the “shoulds” that you dread.
2. **Make time for physical activity.** Get out and enjoy the various Fall/Winter activities.
3. **Don't go to a party hungry.** Eat a wholesome breakfast and lunch to avoid overeating.
4. **Indulge in moderation.** Savor special treats as a way to savor seasonal traditions.
5. **Ask for support & give support.** Overcome the pressures to eat “some of everything.”
6. **Bring a healthy dish to share.** People will appreciate your veggie platter amidst the pies and cookies.
7. **Location, location, location.** Socialize a safe distance from buffet table, bar, or kitchen.
8. **Know what's on the menu.** Scan the food choices first so you can plan your selections before you start loading your plate.
9. **Watch your portions.** Use a small plate and go for small portions. Moderation is key!
10. **Drink plenty of water.** Alcohol has a lot of calories, especially when mixed with cream or sweeteners as with Irish creams, flavored liqueurs, or holiday punch.
11. **Focus on fruits & vegetables.** But beware of calorie-dense sauces and salad dressings.
12. **Limit holiday eating to the holidays.** Not everyday from Thanksgiving to New Year's is a holiday or holiday party. Save your indulgences for the special days.