

5 Healthy Eating Tips for the Holidays



For more information: 5 Healthy Eating Tips for the Holidays (cdc.gov)

'Tis the season for family, festivity, and food—lots of food. Temptations are everywhere, and parties and travel disrupt daily routines. What's more, it all goes on for weeks. Here are 5 tips that can help:

1. **Holiday -Proof Your Plan:** You may not be able to control what food you're served, and you're going to see other people eating tempting treats. Meet the challenges armed with a plan...
2. **Outsmart the Buffet:** When you face a spread of delicious holiday food, make healthy choices easier...
3. **Fit in Favorites:** No food is on the naughty list. Choose the dishes you really love and can't get any other time of year. Slow down and savor a small serving...
4. **Keep Moving:** You've got a lot on your plate this time of year, and physical activity can get crowded out. But being active is your secret holiday weapon; it can help make up for eating more than usual and reduce stress during the most stressful time of year
5. **Get Your Zzz's:** Going out more and staying out later often means cutting back on sleep. Aim for 7 to 8 hours per night to guard against mindless eating...

If you would like more information or want to speak with your HTC Team about Wednesday Wellness, please contact Diane or Alicia at (208) 381-2782.