

Top Ten Tips for Eating Well During the Holidays

1. Make a plan for your meals when you will be spending the day at the mall or going from store to store.
2. Consider packing a healthy lunch. For a light, easy to carry lunch that requires no refrigeration consider a peanut butter sandwich or some cheese and crackers with a piece of fruit.
3. If you will eat lunch at a mall food court, look for outlets that have more fresh foods such as Au Bon Pain or Panera Bread.
4. If you are eating at a fast food restaurant look for smaller sized sandwiches and salads with low calorie dressings. Avoid fried foods. At Wendy's you can choose a baked potato or chili for a healthy lunch. (If you choose the baked potato use less cheese, sour cream, or butter and more broccoli for toppings.)
5. If you are a non-stop shopper take along a meal replacement bar. Eating something during the day provides fuel for your body and keeps your blood sugar stable.
6. Stay hydrated! The stores are sometimes hot and usually dry. Carry along a water bottle or plan a break for coffee, tea, or a cold drink.
7. At parties, focus on meeting and talking with people rather than food. Stand or sit away from the food dishes so that they are not distracting to you.
8. At social gatherings check out all the food options and only choose the ones that look the most delicious. Take small portions, eat slowly, and enjoy the holiday flavors!
9. Be aware that the calories in alcoholic beverages can add up quickly! For example, an apple martini can pack 150-200 calories! Try water, coffee, tea, or seltzer/club soda with lime.
10. Remember that food traditions are an important part of holiday celebrations! Eat lots of healthy fruits and vegetables and you will have calories to spare to enjoy those special once a year treats!