

Holiday Eating

Top Ten Favourite Holiday Eating Tips from Provincial Office Staff

1. Eat before you go to a party so you don't eat the junk food there.
2. When being offered a drink, consider your choices. Eggnog has 250 calories while apple cider makes a more practical choice at just 125 calories.
3. Bring a healthy option like a vegetable tray to potlucks events--this will give you something to snack on.
4. At a buffet try to have your plate be $\frac{1}{2}$ full of vegetables (not including potatoes) and $\frac{1}{4}$ of meat and don't pile it too high.
5. Wait 20 minutes before having second helpings at a buffet. This will give your stomach time to digest and tell you it's full!
6. Don't drink pop at holiday parties. Enjoy juice or water instead.
7. Don't go overboard on cookies. Just have one cookie at each occasion.
8. Don't be super strict about your nutrition. Enjoy the holidays *and* make healthy choices.
9. Pick one special day during the holidays and enjoy your self! Spend some time doing your favourite activities.
10. It's not an eating habit, but try to get your exercise in. With all the hustle and bustle this can be quickly forgotten.