

# 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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