

Healthy Eating for the Holidays - 14 Tips

- 1. Before holiday celebrations, eat a reasonable breakfast** (and lunch). “Saving your appetite” can lead to overeating.
- 2. Eat and chew slowly.** You can savor the food, and you won’t be as likely to overeat.
- 3. Serve meals restaurant style.** Serve the food in a separate location, not at the dinner table.
- 4. Snack on vegetables.** They’ll help keep you fuller for longer
- 5. Mix vegetables** into baked goods, casseroles, pasta and potato dishes
- 6. Use smaller plates.** You’ll be less likely to overeat, and less likely to waste food.
- 7. Take small tastes** of holiday cookies and other sugary treats.
- 8. If you’re full, let people know that** so that you’re not encouraged to overeat.
- 9. Take it easy on refined carbs** like white bread, soda with sugar, candy and cookies.
- 10. Have to-go containers ready** for guests, so as to reduce tempting leftovers in your fridge.
- 11. Don’t watch TV while eating** - it’s linked to poor food choices and overeating.
- 12. Drink in moderation.** Alcohol can encourage overeating.
- 13. Got a craving? You can indulge...in moderation.** Completely forbidding a favorite food may make it more desirable.
- 14. Get more steps into the day.** Outdoor activities are good exercise, and refreshing. Bring a buddy with you if it’s been snowing.

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