Eat Right Tip – Holiday Eating

Whether you already live a healthy lifestyle or are trying to be healthier, reminders about how you can improve your overall health and wellness are helpful. To help you reach your goals, Nutrition Services brings you this series of nutrition tips to “Eat Right”. This month’s focus is on eating healthy this holiday season.

Instead of tossing your nutrition goals aside this season, use these healthy eating tips:

- **Curb your appetite before parties with a healthy snack** like half a turkey sandwich or a handful of nuts and a piece of fruit.
- **Stand away from buffet tables** to avoid mindless nibbling.
- **Bring a healthy side dish to a potluck** for everyone to enjoy.
- **Eat slowly and enjoy the foods you love**, don’t rush through the meal.
- **Don’t waste your calories** on drinks like egg nog - eat them instead!

And, if you’re hosting this year’s holiday gathering, try these healthy food substitutions:

- Ham or any “loin” cut of beef (e.g., sirloin, tenderloin) instead of prime rib
- Baked sweet potatoes wrapped in gold foil, top with dried cranberries, a touch of brown sugar, butter and a sprinkle of cinnamon
- Pan fried brussel sprouts with pecans and shallots
- Angel food cake with whipped topping and fruit

To top off your celebration, plan a post-meal walk with your family to burn off extra calories and enjoy each other’s company.