

7 Holiday Eating Tips Help You Stay Healthy

1. Stock up on healthy snacks such as fresh fruits and vegetables to avoid filling up on holiday treats, and make them available at your parties.
2. Take healthy snacks, such as cherry tomatoes and carrots, during shopping and errands so you won't have to rely on fast food to satisfy your hunger.
3. Eat what you really want, but in moderation. You can be satisfied with a smaller amount than you think.
4. Use a smaller plate; you'll put less food on it. Remember to use smaller cups as well. Holiday beverage calories can add up quickly! And no seconds.
5. Don't show up starving to holiday parties. Eat something healthy such as an apple or a small handful of nuts before you go.
6. Mix 100% fruit juices with sparkling water for a festive beverage.
7. Choose lower-fat options, like low-fat eggnog.

