

# SUNDAY MORNING Health Corner

## 3 Healthy Holiday Eating Tips

'Tis the season for family, festivity, and food—lots of food! Sweet treats, cheesy classics, and fried favorites are everywhere, and parties and travel disrupt daily routines for weeks. So, how do you stick to healthy eating when everyone around you seems to be splurging? **Here are 3 tips to help:**



### Holiday-Proof Your Plan

You may not be able to control what food is served at parties and family gatherings. However, you can meet all surprises when armed with a plan. You can offer to bring a healthy dish along. Or if you have a sweet treat, cut back on other carbs (like potatoes and bread) during the meal. If you slip up, get right back to healthy eating with your next meal.

### Outsmart the Buffet

When faced with a delicious spread holiday food, make healthy choices easier by having a small plate of your favorite foods then moving away from the buffet table. You can also start with vegetables to take the edge off your appetite. And don't forget to eat slowly! It takes at least 20 minutes for your brain to realize you're full.



### Keep Moving

Being active is your secret holiday weapon! Remaining active can help make up for eating more than usual and reduce stress during this most stressful time of year. So, get moving with friends and family and consider taking a walk after a holiday meal.

This season is all about celebrating and connecting with the people you care most about. So, reach for these healthy tips and remember, when you focus more on the fun, it's easier to focus less on the food.



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