

SUNDAY MORNING Health Corner

Tips for maintaining a healthy diet throughout the holidays.

The holiday season is a time for family, celebration, and food —lots of food! There is an abundance of sweet delights, cheesy classics, and fried faves, while parties and travel disturb regular routines for weeks. How can you maintain a healthy diet when everyone around you appears to be indulging? **Here are three helpful hints:**



Holiday-Proof Your Plan

You can volunteer to bring a healthy dish. Or, if you consume a sweet dessert, reduce your carbohydrate intake (potatoes and bread) during the meal. If you slip, return to healthy eating with your next meal.

Outsmart the Buffet

When presented with a delicious variety of holiday food, it is simpler to make healthy selections if you fill a small plate with your favorite items and then move away from the buffet. You can also begin your meal with vegetables to curb your hunger. And remember to eat slowly! It takes at least 20 minutes for the brain to register

Keep Moving

Physical activity is your holiday secret weapon! Maintaining an active lifestyle might help compensate for overeating and minimize stress at the most stressful time of the year. Therefore, after a holiday meal, try taking a walk with friends and family.

This time of year is all about enjoying and bonding with your closest loved ones. So, utilize these healthy strategies and keep in mind that it is easy to focus less on food when you are more focused on having fun.



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