

HEALTHY EATING, HAPPY HOLIDAYS!

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The holidays are here again, yay! During this season many of us are quickly reminded that food is more than just fuel for our bodies. Food is culture, food is family, food is celebration and many more! Regardless of what you associate food with, we all want to walk a tight balance of eating foods that nourishes our bodies yet allowing us to stay rooted to culture and enjoying the warmth, joy, and laughter it brings when we meet up with family and friends this holiday season.

To help you walk this tight balance, here are five tips to help you enjoy food while making healthy choices this holiday season.



AVOID GOING TO THE PARTY HUNGRY!

It's tempting to go to the party on a hungry stomach because you might be hoping to save on calories. However, this tactic could cause you to overeat or choose calorie dense foods. To prevent this, it is important to eat a light meal high in fiber and/ or lean protein to avoid overeating. Examples of high fiber lean protein foods include egg bites, fruits, vegetables etc.



INCLUDE ACTIVITIES TO THE FAMILY & FRIENDS' FUN!

Food can provide a powerful visual, smell, and taste causing the area of our brain responsible for controlling energy balance to override satiety.

For this reason, it is important to make merry with family and friends by adding lots of activities like dancing, playing games, and many more to the fun.

SERVE UP VARIETY

Aim to fill your plate with foods from the different food groups. Fill up your plate with vegetables, fruits, lean protein, plant-based proteins such as legumes, and starch. Please avoid going for seconds!

WATCH OUT FOR LIQUID CALORIES

Holiday gatherings aren't complete without drinks and cocktails. However, beware that these drinks usually contain a high number of calories, for example a cup of eggnog contains about 360 calories, a cup of hot chocolate contains about 200 calories and cocktails can easily contain up to 200 calories.

ALWAYS REMEMBER TO STAY ACTIVE

Though not food related, it is important to stay active during this season. Aim to get some work out done by doing at home exercise.

At home exercise examples include squats, lunges, jump rope, burpees, planks, push-ups and many more.

Disclaimer: This content is not a substitute for direct medical and nutrition advice from your clinician.

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