



## Have a Healthy Holiday

You don't need to give up all of your favorite holiday traditions, just learn how to modify them so that you can maintain a healthy diet. A few simple steps every day will help you balance your days between holiday indulgences and a fun family activity.

- Don't arrive at a social event with a big appetite. Eat a small snack before to control impulse grabs.
- Alcohol contains calories. Alternate drinks with water, and drink in moderation.
- Keep a food diary and set a plan. Losing track of how much you are eating can really add up in calories and inches on the waistline.
- Be physically active. Two fifteen minute brisk walks per day will burn about 100 calories. Holiday shopping or playing backyard ball games are always fun!
- Portion your plate right. Fill up half of the plate with lower-calories items such as raw or steamed vegetables and shrimp cocktail.