



HEALTHFUL TIPS FOR THE HOLIDAY SEASON

Holidays are a time for family, festivity and lots of food. During the holiday season, celebrations are abundant and daily routines can be disrupted. Holiday festivities and special events are meant to be celebrated, but can often come with stress, which may lead to overeating. There are many tips and tricks to help you stay on track during the holidays while still enjoying foods and traditions you love.

Use smaller plates. This can help with portion control.

Take your time. It takes a few minutes for your stomach's "I'm getting full" signal to get to your brain. Pause after your first serving, sip water and chat – you may find you're satisfied or only want a small second helping.

Browse the buffet. At a buffet, glance at the food around the table before putting anything on your plate. Checking all of your options may make you less likely to pile on items one after another.

Fill up on vegetables and fruits. Fruits and veggies are rich in vitamins, minerals, and fiber that keep you full longer. Adding them to meals creates larger, more satisfying portions—our eyes and brains feel fuller when plates look abundant.

Don't skip meals or healthy snacks. Before setting out for a party, eat something so you don't arrive famished. Waiting till your party or "saving" your appetite for holiday feasts can lead to intense food cravings and overeating.

Allow yourself to enjoy your favorite holiday foods. Instead of labeling foods as 'good' or 'bad,' focus on balance and moderation. Restricting too much can lead to cravings and overeating, so choose special dishes you love most and savor them.

Keep Moving. Holiday schedules get busy, but staying active helps balance extra treats and reduces stress.

Dump New Year's Diet Resolutions. Plan ahead by staying active, eating a balanced diet, and enjoying meals in moderation. After the holidays, focus on maintaining healthy habits instead of trying to lose weight quickly for long-term benefits.

Be choosy with your beverages. Holiday drinks can be high in calories. Enjoy your favorites in moderation and drink plenty of water to stay hydrated.

Manage stress by meditating, walking, laughing with friends, sleeping well, eating balanced meals and staying hydrated. Stress can increase hormones that boost appetite and cravings.

Prioritize Sleep. Late nights can cut your rest, leading to cravings for high-fat, high-sugar foods. Aim for 7–8 hours each night to avoid mindless eating.

Focus on what matters. Holidays are about family, friends, and fun—not just food. If you usually practice balance, it's okay to indulge occasionally. Enjoy the moments, and the food becomes less of the focus.