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**Eat Right! Move More!**

**The holiday season is a time filled with parties, family gatherings, and lots of food, so it's easy to feel overwhelmed.**

**But, like any time of year, there's no need to feel like you must restrict or miss out on festivities for fear of overeating.**

**Here are some tips for the holidays:**

**9 Ways to Make Your Holiday Meals More Nutritious:**

1. Add vitamin D-rich foods
2. Try more veggies
3. Make smart switches
4. Include plenty of herbs/spices
5. Reduce sodium
6. Go for whole grains
7. Boost your dessert
8. Focus on nutrient density
9. Make use of your leftovers

[9 Ways to Make Your Holiday Meals More Nutritious (verywellfit.com)](https://www.verywellfit.com/ways-to-make-your-holiday-meal-more-nutritious-5208789)

**7 Healthy Eating Habits for the Holidays:**

1. Focus on the positive
2. Live by the 80/20 rule
3. Don’t go hungry
4. Add fiber & protein
5. Choose your treats in advance
6. Stay hydrated
7. Enjoy what you want, just portion it out!

[7 Healthy Eating Habits for the Holidays, Say Dietitians — Eat This Not That](https://www.eatthis.com/healthy-holiday-eating-habits/)

**Unlock Your Potential With Good Nutrition.**

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**Healthy Body! Healthy Mind!**

**10 Tips to Help you have a Healthier Holiday from a Registered Dietitian Nutritionist:**

1. **Don’t skip meals**

(Skipping a meal with the goal of saving calories prior to a holiday can backfire and lead to overeating)

1. **Contribute a healthy dish**

(This will ensure there is at least one nutritious option)

1. **Choose your splurges**

(Choose a couple of holiday favorites to splurge on instead of foods you have every day)

1. **Think color**

(Make your plate look festive by including more fruits and veggies)

1. **Choose drinks wisely**

(Stick to calorie-free drinks. Stay away from those festive drinks that contribute to empty calories and can cause you to make poor judgements with food)

1. **Visit the people, not the food**

(Move socializing away from the food to prevent mindless eating)

1. **Say no to food pushers**
2. **Savor seasonal treats**

(Having treats once a year will not break your weight, enjoy that special treat when you have it)

1. **Eat until you are satisfied, not stuffed**

(Eat slowly, and check your fullness levels while you’re eating)

1. **Don’t feel guilty**

(If you did overeat, don’t beat yourself up. Just make sure your next meal is healthy, and be sure to incorporate exercise into the next weeks routine)

[**10 Healthy Holiday Nutrition Tips - Mayo Clinic News Network**](https://newsnetwork.mayoclinic.org/discussion/10-healthy-holiday-nutrition-tips/)

**Your Gut Deserves The Good Stuff.**