



# 12 Tips to Healthy Eating During the Holiday Season

Stonehill College Health and Wellness

1) Plan out what you want to eat before the dinner. It's okay to have some of your favorite Holiday side dishes, everything in moderation!



2) Avoid empty calorie snacks and replace them with nutritious snacks that will keep you full for a longer period of time.





3) Try and decrease the consumption of alcohol and stay hydrated with beverages such as water. This will also help you to not over eat at dinnertime.

4) Do not starve yourself all day waiting for your one big dinner. Instead, eat little meals and healthy snacks throughout the day. This will help you control your portions once dinner is served.

4) Use a smaller plate to control portion sizes. And do not feel obligated to finish everything on your plate!



5) Make sure your plate is colorful! Incorporate side dishes that are nutrient rich, such as vegetables.

6) Eat slowly! This will help you savor the foods that you do eat and will help you realize when you are truly full.



7) Once you are done eating, take the conversation into another room. Do not stay at the table where the food can tempt you for second helpings!

8) It's okay to have dessert! Instead of eating your own slice of pie, try sharing it with someone else!





9) There's no better way to wind down after a nice meal than to get some fresh air! Try taking a walk after dinner or play some football!



# Healthy Thanksgiving Recipe Substitution Tips

Recipe calls for...		Substitution
	1 whole egg	2 egg whites
	sour cream	low fat plain yogurt or low fat sour cream
	milk	skim or 1% milk
	ice cream	frozen yogurt
	heavy cream (not for whipping)	1:1 ratio of flour whisked into non fat milk (e.g. 1 cup of flour + 1 cup of non fat milk)
	whipped cream	chilled evaporated skim milk or other low fat whipped products such as Nutriwhip
	cheese	low-fat cheese (please note: non-fat cheese does not melt well if use in cooking or baking)
	butter	light butter
	cream of mushroom	fat-free cream of mushroom

# Sources

<http://www.pivotaladvisor.com/public/273.cfm>

<http://www.healthcastle.com/holiday-eating-healthy-thanksgiving.shtml>

<http://www.marieclaire.com/health-fitness/news/holiday-dieting-quiz>

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