

# *Managing the Holidays*

The holidays are right around the corner and although everyone's holiday celebrations look a little different, one thing is for certain, there will be plenty of food.

Try a few of these simple strategies to help maintain your healthy eating goals through the holidays.

**Fit in your favorites-** While there may be many tempting foods around during the holidays, try to budget your calories wisely. Make room for some of your holiday favorites and cut back on the foods you can eat any other time of the year. For example, you might decide to spend a few extra calories on your Grandma's famous pumpkin pie but cut back on the mashed potatoes that were served during the Thanksgiving meal.

**Practice Mindful Eating-** Holiday foods should be savored and enjoyed. Sit down with your plate and truly enjoy the way your food smells and taste. Eat slowly and take a 10 minute break before you decide to get a second helping.

**Control your environment-** Don't leave cookies and candies laying around on your kitchen counter, especially in see through containers. It is easier to clean up your food environment than it is to rely on your willpower. Quickly give away leftovers, put foods in the freezer for later, or store foods out of sight.

**Burn some extra calories** – Plan to incorporate some activity while spending time with family. Grab a quick walk and catch up with a family member, go have a game of catch, shoot some baskets, go ice skating together. Spending time together doesn't always have to revolve around a meal.

## **Try some healthy recipe swaps**

- Cut back on oil in baked goods and substitute with equal amounts of applesauce.
- Substitute Plain Greek yogurt for sour cream in dips.
- Try mashed cauliflower instead of mashed potatoes.
- Substitute evaporated skim milk for cream in recipes.

**Keep your battery charged-** Make sure you are taking time to get plenty of rest, stay hydrated, eat regular healthy meals, and move your body. If your battery is always running low, it makes it much easier to overeat and make unhealthy choices. Self-care is the greatest gift you can give yourself any time of the year.

For more information, please contact  
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