

HEALTHY HOLIDAYS

A FEW TIPS TO KEEP YOU FEELING GOOD THIS HOLIDAY SEASON.

Enjoy the treats, but don't forget the staples.

The decadent dishes will be plentiful over the next couple of months. Enjoy them and add to the experience by incorporating fruits and vegetables! Move those cookies off the counter and snack on carrots or grapes. Use unsweetened applesauce or mashed bananas instead of oil or eggs in your recipe for an extra dose of fiber. Toss peppers and onions into your breakfast casserole.

Make movement a holiday tradition.

Instead of that siesta, take a walk or bike ride after a big meal. How about a pick-up game after opening gifts? Christmas Eve dance party, anyone? Traditions are what make the holidays special. They're also a little like habits - they tend to stick around. So be intentional and create traditions that are fun and keep your family healthy.

Listen to your body.

Your body will tell you when you're getting full. Start with veggies, eat slowly, and save room at the end for your favorite treats to avoid the misery of a post-meal crash.

Don't skip meals in anticipation of a big meal.

It may seem like a good idea to skip breakfast knowing how much is waiting for you at lunch but going into a big meal overly hungry isn't the answer. You're likely to eat even more at that meal than if you hadn't skipped meals. Instead, enjoy a light meal focused on fruits, vegetables, or whole grains to curb your appetite.

Drink plenty of water.

Most of us are getting extra sodium and sugar in our diets over the holidays. By passing up the sweet tea, sodas, or alcoholic beverages, you can cut down on the sugar and stay hydrated. Make your own Holiday Infused Water by adding fruits and herbs like orange slices, cranberries, and mint leaves.



SNAP-Ed
CLEMSON
YOUTH LEARNING INSTITUTE
ClemsonSNAPed.com

This institute is an equal opportunity provider.