# NAVIGATE THE HOLIDAYS WITH HEALTH IN MIND

Enjoy the holiday season without derailing your healthy habits by trying these tips.

#### **Slow to Savor**



Enjoy and savor the flavors of the season by eating slowly, using small plates, and waiting at least 10 minutes before reaching for seconds.

## Sip Water

To stay hydrated and curb your appetite, sip water before and after meals as well as in-between any alcoholic drinks.

## **Limit Liquid Calories**

Holiday flavored lattes, eggnog, alcoholic drinks and soda, while delicious, can easily add up in calories fast! Sip slowly, drink less, or choose a non-sugar sweetened alternative beverage.

## Switch It Up



Keep your favorite dishes on the menu but try these healthy food swaps:



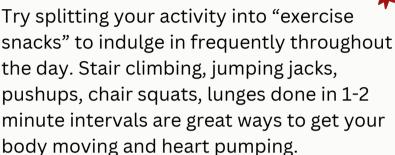
- Use unsweetened applesauce instead of oil when baking
- Reduce the amount of sugar in the recipe by 1/3
- Choose low-fat milk, cheese or Greek Yogurt over full-fat
- Try fresh or dried herbs instead of salt or salt based seasoning
- Swap white pasta or rice for whole wheat pasta or brown rice

# Regroup

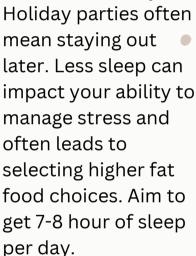


The hustle and bustle of the holidays can leave you physically and mentally drained. Take time each day for yourself - whether that's reading a book, taking a walk, watching your favorite show, or sitting in silence.

#### **Snack on Exercise**



# **Prioritize Sleep**



#### **Be Selective**

Sometimes, it's not best to "fit it all in".

Take a look at your calendar of events and pick which ones you'll attend and ones you'll skip. Prioritize gatherings with people that bring you joy.

