

## Healthy Holiday Tips

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The holiday season is well upon us once again! The hustle and bustle of the season can sometimes cause us to forget the importance of a healthy lifestyle. Holidays only add to our already busy, hectic and stressful schedules. Remember moderation and balance will help you maintain a healthy lifestyle and still enjoy parties, dinners, and family gatherings. Here are just a few tips to keep you on the healthy track during the holidays:

- Eat a low fat, high fiber snack before going to a holiday celebration – a piece of fruit, raw vegetables or even a small sandwich on whole wheat bread with a cup of low fat or fat free milk.
- Do not skip meals because – this can cause you to be too hungry and overeat.
- Eat low-fat meals and snack during the day so you can enjoy a holiday treat.
- Drink plenty of water and choose sugar-free or reduced calorie beverages; alternate water or sparkling water with higher calorie beverages.
- Watch your portion sizes!
- Avoid standing by the buffet line or table of appetizers – it's too tempting – move around and mingle with family and friends.
- Nibble on fruit and veggies rather than cheese cubes, chips, creamy dips and desserts.
- Offer to bring a low-fat appetizer, dish or dessert.

And just as important as watching calories, keep moving and make sure to get regular – and rigorous exercise; this will help burn extra calories and reduce stress.

Always keep in mind that the holiday season is not all about food, but most importantly it is about enjoying memorable times with family and friend. Have a happy and healthy holiday season!!!