



Top 10 Tips for Healthy Holiday Eating

- 10 Be berry good - add berries to recipes for super nutrients.
- 9 Fill up on water - before, during, and after parties.
- 8 Remember the colors of the season - dark green and yellow/orange/red veggies for antioxidants to stay healthy.
- 7 Try “mocktails” - carbonated seltzer water and fruit juice.
- 6 Ho, Ho, Hold the dips, dressings, gravies, and spreads. Enjoy just a taste.
- 5 Load up on winter specialties - citrus fruits like grapefruit, oranges, tangerines and clementines.
- 4 Feel full faster with fiber from whole grains in crackers, cereals, pasta, breads and flours. Substitute $\frac{1}{2}$ the white flour with wheat flour in recipes.
- 3 Use a small plate at buffets and for desserts.
- 2 Start your day with a balanced breakfast and you’ll eat less later in the day.
- 1 **Be joyful - laughter is good for the heart!**