Top 10 Tips
For Healthy Holiday Eating

1. Be Berry Good
   Add berries to recipes for super-nutrients.

2. Fill Up on Water
   Before, during and after parties

3. Remember Seasonal Colors
   Try dark green and yellow/orange/red veggies for antioxidants to stay healthy.

4. Try “Mocktails”
   Carbonated seltzer water and fruit juice

5. Ho Ho Hold Toppings
   Hold dips, dressings, gravies, and spreads ~ enjoy just a taste!

6. Load Up on Seasonal Specialties
   Like citrus fruits - grapefruit, oranges, tangerines and clementines

7. Feel Full Faster
   With fiber from whole grains in crackers, cereals, pasta, breads and flours

8. Use Small Plates
   At buffets and for desserts to minimize waste and control portions

9. Start with Breakfast
   Starting with a balanced breakfast will reduce cravings later in the day.

10. Be Joyful
    Laughter is good for the heart!

Healthy Schools for a Healthy Community 11/2019