

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!