

Holiday Healthy Eating Tips

1 Make a Plan

If you'll be eating later than usual, have a small snack to keep your blood sugar steady. Craving sweet treats? Cut back on other carbs (such as bread and potatoes) and offer to bring a healthy dish to a party so you have something to munch on. Don't skip meals to save up for a feast, and if you slip up, get back on track with your next meal.

2 Outsmart the Buffet

Start with vegetables to take the edge off and eat slowly. It takes about 20 minutes for your brain to register you're full. Allow yourself a small plate of your favorite foods and then step away from the buffet.

3 Fit in Favorites

No food needs to be on the naughty list as long as you plan accordingly. Slow down and savor a small portion and account for it in your meal plan.

4 Keep Moving

Finding time for physical activity can help compensate for extra eating at this time of year. As a bonus, exercise is also great stress relief! Consider taking a walk with friends and family after a holiday meal.

5 Get Quality Sleep

Sleep loss can make it harder to manage your blood sugar, and when you're sleep deprived you'll tend to eat more and prefer high-fat, high-sugar food. Aim for 7 to 8 hours per night to guard against mindless eating.

