
Healthy Eating During the Holidays

The holiday season is a time of sharing love, gifts, and food among family and friends. For many of us, parties and celebrations often mean gaining a few pounds afterwards. But with a little bit of planning, you can still enjoy these special occasions without putting on the extra weight. Here's how:

MORE

- Fish
- Seafood
- Skinless chicken or turkey
- Lean meats
- Bean curd
- Vegetarian dishes
- Soups
- Fresh vegetables
- Fresh fruits
- Dried fruits

LESS

- Fried foods
- Roast pork, pig's knuckle
- Roast duck
- Preserved meats
- Nuts & seeds
- Dessert & candies
- Alcohol & soft drinks

LEARN TO:

- Eat a low fat breakfast and lunch before a holiday dinner
- Control portions
- Limit or avoid "seconds"
- Stop eating when comfortably full

Just remember, you can still have a good time without overindulging!