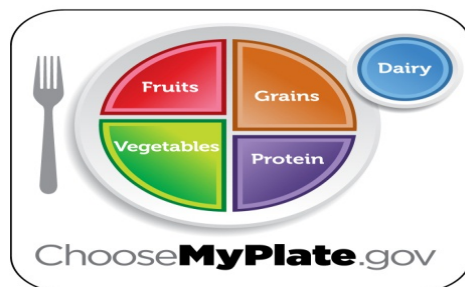


The Survival Guide to Staying Healthy during the Holiday Season!

- Eat prior to holiday parties and dinners. Choosing well-balanced meals throughout the day will make it easier to make smarter choices.
- Choose smaller portions, you can try everything without overeating. But if you don't love something, don't eat it.
- Just because the turkey is stuffed, doesn't mean you have to be! Stop eating when you are full, and instead of going for second helpings, focus on conversation with friends and family.
- Stay hydrated. Drinking at least 8 cups of water daily will keep you from mistaking hunger for thirst.
- Exercise! Just because you may have overeaten doesn't mean you have to stop being a healthier you. Exercising will also help to burn off the extra calories you may have consumed.
- Be mindful. If you are truly enjoying what you are eating, you will be less likely to overeat.



Remember: An occasional indulgence on special occasions will not destroy your overall healthy eating goals. Remember these tips, and the next time you eat, make healthy choices including making half of your plate fruits and vegetables, and choosing low-fat dairy, lean protein and whole grains.



Do you have more questions? Go to choosemyplate.gov for more tips about healthy eating!