

# 25 DAYS OF HEALTHY HOLIDAY TIPS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>By Lisa Angadi RD CDN, Nicole Drepaniotis MS RD CDN, and Daphne Baldwin Kornrich MS RD CDN</p>		<p>1 Plan time for exercise. It will help relieve holiday stress and prevent weight gain.</p>	<p>2 Start practicing mindful eating. Eat until you are satisfied, not stuffed.</p>	<p>3             Replace oil-based marinades with vinegars, chicken or beef broth, or low-fat dressings mixed with fresh herbs and spices.</p>	<p>4 If you'd like to enjoy a cocktail, opt for wine or light beer rather than sweet mixed drinks. Do so in moderation and alternate every drink with water or seltzer.</p>	<p>5 Stand away from buffet tables and food trays to avoid the urge to nibble.</p>
<p>6             Stock up on healthy snacks. Fill the fridge with raw vegetables and fresh fruit to grab for a snack in times of temptation.</p>	<p>7 Make sleep a priority! Some studies suggest that ghrelin – “the hunger hormone” – is increased in those who are sleep deprived.</p>	<p>8 Love chocolate? Look for a small square of dark chocolate with 70% cocoa or higher. Cocoa is rich in flavonoids, shown to lower harmful LDL and total cholesterol. Portion size is key, so only 1 oz. at a time!</p>	<p>9 From now until Christmas, start eating dinner off a smaller plate. This will encourage proper portion sizes and help you maintain your weight.</p>	<p>10 Consider picking up some rubber resistance bands. They are lightweight and packed easily in your travel bag and used to strengthen and tone almost any part of the body.</p>	<p>11 Politely say “no”! If you're full and someone is pushing food on you, politely say “No, thank you. Everything was delicious, but I've had enough!”</p>	<p>12 Be wary of sugar! Rich, sugary foods have a nasty habit of making us crave even more rich and sugary foods!</p> 
<p>13 Color matters! When food contrasts with the color of the plate, you tend to eat less. Cornell University researchers found people ate more spaghetti and sauce when served on a red plate vs. a white one.</p>	<p>14 Turn off the TV! Seeing food commercials while watching TV can trigger unnecessary snacking. Instead, snuggle up with some commercial-free Netflix, or better yet...read a book!</p>	<p>15 Start stocking up on disposable food storage containers so you're ready to pack up leftovers and send them home with your guests!</p>	<p>16             Don't go to holiday parties hungry! Drink plenty of water and eat a healthy snack like a low sugar yogurt and fresh fruit before heading out the door.</p>	<p>17 If your office is filled with tempting holiday treats, steer clear of the break room and take a brisk walk around the office during your break instead.</p>	<p>18 Think twice about indulging in fried appetizers before your meal. Just 4 mozzarella sticks have about 450 calories and over 1200 mg of sodium.</p>	<p>19 Talk more, eat less. The holiday season is more about enjoying company, rather than all the food!</p>
<p>20             Shop 'til you drop! Wear your FitBit or a pedometer and take extra trips to and from the car with all your holiday packages!</p>	<p>21 As you're cuddled up by the fire, skip the eggnog. Choose vitamin C fortified hot apple cider or sugar free hot chocolate with low-fat milk. Eggnog packs as much as 300 calories and 19 grams of fat.</p>	<p>22 Spread health this holiday season. Buy gifts that keep on giving like workout DVDs, fitness trackers, personal training packages, cooking classes, healthy cookbooks, or kitchenware.</p>	<p>23 Crank up the holiday music and have a dance party with family and friends while cooking and wrapping gifts!</p>	<p>24 If you are going to indulge, save it for something you rarely have during the year.</p>	<p>25 Merry Christmas! Be realistic. Pat yourself on the back for all the good choices you have made. Don't worry about making perfect choices all of the time. Just do your best.</p>	