



How can I eat healthy during the holidays?

The holiday season is a wonderful time to gather with friends and family. Often times these gatherings are surrounded by delicious food which may make it difficult to maintain your diet. Following the 2010 Dietary Guidelines can help us stay on track and maintain a healthy diet.

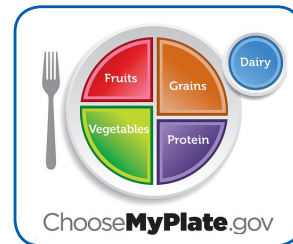
Control Portion Size

Maintaining appropriate portion control can be difficult during the holidays. There is so much good food and it can be easy to overload your plate. We also may eat so quickly that our stomach does not have time to digest the food before we have finished. A good rule of thumb is to only eat until you are satisfied and no longer hungry. Choosing a smaller plate such as a salad plate will help to control the amount of food that is eaten. Visualizing MyPlate and attempting to mimic this plate setup will help establish a healthy plate.

Balance Calories with Physical Activity

Finding a balance between calories consumed and physical activity will help with weight control during the holiday season. Choosing foods that are nutrient dense such as fruits, vegetables, and whole grains will help deliver a variety of nutrients to our body without the extra calories, fat, or sugar. Nutrient-dense foods will also help to keep our stomachs fuller for longer, which can have a positive impact on weight management.

Regular physical activity is also important. Aim to consume at least 30 minutes of physical activity each day. Physical activity does not have to be overly strenuous and should be individualized to what works for you. It does not have to occur all at one time and can be broken down into smaller time frames, such as three 10-minute walks per day.



Pay Attention to Mindless Eating

Mindless eating occurs when we eat more than we realize and may occur due to social or emotional influences. We may eat more when we are watching television or while socializing at a party. It is important to ask ourselves whether we are eating because we are truly hungry or whether it is due to other factors.

We often like to pretend that those “tiny” tastes of food at a party don’t count towards our daily calorie intake, but they can quickly add up! For example 3 chocolate covered cherries contain approximately 180 calories while 1 cup of eggnog contains approximately 200 calories. Mindless eating and frequent grazing can quickly increase our calorie intake, without even realizing it! If mindless eating is a common occurrence for you, it is important to re-direct yourself to other activities, such as removing yourself from the environment or going outside for a walk.



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Healthy Holidays Word Search

C H E A T S L O W C J H N M H
E O J C V L W C E O T P I H I
T D N Z N I Z S Y E F N F K D
A K W T K A I Z P T D R T W D
L O T B R C L M M L A L B S E
P Q X Y R O I A E D J U K H N
L G O E F W L S B O M Z F B C
L R X N M S S P O A N P I Z A
A E R F Q E D K O W D J A P L
M R U G A T B J Q R G N P U O
S Q A T N Z N D A V T C I H R
F R I Q T Z I Y B I J I V F I
Y N I Q N V U H A K Y F O D E
G U D Y H G A S C B M E J N S
E T A L P Y M W O L L O F J S

CONTROL PORTIONS

EAT SLOW

EXERCISE

FIND A BALANCE between calories and exercise

FOLLOW MY PLATE

Watch for those HIDDEN CALORIES

Become aware of MINDLESS EATING

Choose a SMALL PLATE