

## *Health Tips for Holiday Feasting*

- **There are no forbidden foods**– As soon as you label a food as “forbidden” it becomes more desirable. Use moderation in portion sizes as the key and you can savor any food during the holidays.
- **Practice a no seconds philosophy**– Do not be afraid to have a reasonable portion of your favorite holiday foods. The problem usually arises with second or third helpings.
- **The one plate rule**– Try filling up just one plate for dinner and one plate for dessert and only fill up once. Choose foods that are your most favorite or unusual (things you aren’t offered everyday). Avoid the foods that you can live without.
- **Focus on family and friends, not the food**– Socialize! This helps distract the mind from eating and typically lures you away from the buffet table. Remember that people are what it is all about, not the food.
- **Create new traditions**– Start a family or neighborhood walk program, a Thanksgiving flag football game, a family service project, etc.
- **Create a distance from food**– Send leftovers home with others, remove your plate and utensils when done eating, do not leave candy dishes out, share holiday food gifts with neighbors, family, or co-workers.
- **Have lots of healthy food available**- In addition to the traditional foods, also have dishes available such as fruit salads and fresh veggie trays with light dips.

