

Have Yourself a Healthy Little Holiday

The holidays are a time for joy, family, and friends. But they can also be a time for overeating and weight gain. If you're looking to avoid the Christmas calories without sacrificing the fun, this article is for you.

We'll share tips for healthy holiday eating, including recipes for delicious and nutritious meals and snacks.



Have Yourself a Healthy Little Holiday by Rogene A. Robbins

★★★★☆ 4.5 out of 5

Language : English
File size : 1222 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 70 pages



Tips for Healthy Holiday Eating

* **Plan ahead.** One of the best ways to avoid overeating during the holidays is to plan ahead. Make a list of healthy meals and snacks that you can enjoy throughout the season. * **Make healthy choices at parties.** When you're attending holiday parties, make healthy choices by filling your plate with fruits, vegetables, and lean protein. Avoid sugary drinks and processed foods. * **Don't skip meals.** Skipping meals will only make you more likely to overeat later on. Eat regular meals throughout the day, even

if you're not feeling particularly hungry. * **Get enough sleep.** When you're sleep-deprived, you're more likely to make poor food choices. Aim for 7-8 hours of sleep each night. * **Exercise regularly.** Exercise can help you burn off extra calories and reduce your appetite. Try to get at least 30 minutes of exercise most days of the week.

Recipes for Healthy Holiday Meals and Snacks

Breakfast

* Oatmeal with berries and nuts * Yogurt with fruit and granola * Whole-wheat toast with avocado and egg * Scrambled eggs with spinach and mushrooms

Lunch

* Salad with grilled chicken or fish * Soup and sandwich * Leftover roasted turkey or ham with vegetables * Hummus and vegetable wrap

Dinner

* Roasted turkey or ham with vegetables * Salmon with roasted vegetables * Vegetarian chili * Lentil soup

Snacks

* Fruits and vegetables * Yogurt * Nuts and seeds * Air-popped popcorn * Whole-grain crackers

The holidays are a time to enjoy yourself. But it's also important to make healthy choices. By following these tips, you can avoid the Christmas calories without sacrificing the fun.



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