



# KEYS TO BETTER HEALTH™



## Enjoying the Holidays

The air is crisp, the treats are abundant: yes, the holiday season is upon us! While the holidays bring joy and fun, they can also be stressful and chaotic at times. If you find yourself overwhelmed or you feel your health goals slipping away this time of year, look at the tips below to help you have an enjoyable, healthy holiday season.



### Balance your meals

You don't have to deprive yourself of the foods you enjoy, but try to balance healthier items along with your favorite indulgent holiday treats. When you arrive at a holiday party, take a walk through the buffet line before you fill your plate. Find a few healthy favorites and decide on a couple of indulgent foods to splurge on. To make the most of your meal, fill your plate with vegetables first, opt for leaner proteins, and look for whole grains such as brown rice or a whole grain roll. Finish with the sweeter foods like that special cookie or cake you've been looking forward to enjoying.

### Give party-goers options

When attending or hosting a holiday gathering, consider preparing healthier sides, like a veggie tray or fruit kebobs, so you know they'll be options to eat. When serving desserts, slice them in to smaller pieces to help keep portions in check. For a lighter-calorie beverage option, serve a cranberry spritzer made with sparkling water and a splash of cranberry juice.

### Plan Ahead

At the beginning of each week, take a few minutes to plan your meals to avoid last-minute stress. Make a list of ingredients that can be prepared ahead, like browned ground lean beef and sliced vegetables, to help streamline your meal prep later in the week. Include preparing healthy snacks to have quick grab and go snacks throughout the day.

### Keep it simple

When preparing foods during the holiday season, pull out your favorite simple recipes such as soup in a slow cooker, a one-pan casserole or an appetizer with just a few ingredients. This will allow you to spend more time with family and friends and less time in the kitchen.

### Stay active

Strive to stay active throughout the holiday season. Exercise is not only great for maintaining a healthy weight, but it can also be good for mental health,<sup>1</sup> which can be especially important during a hectic time of year. Engage family members to take a walk, dance to your favorite holiday music, or join a holiday fitness challenge to stay on track.

#### Sources:

1. Exercise for Mental Health. US National Library of Medicine, National Institutes of Health Website. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1470658/>. Accessed 10/2/18.

Keys To Better Health™ offers a nutrition shelf-edge labeling program, which makes it easy for you to quickly identify healthy choices regardless of what diet you follow. When you're in our store, be on the lookout for our nutrition tags!

