

healthy holiday hacks



pass sitting
pick moving

AFTER ENJOYING YOUR MEAL WITH LOVED ONES, TAKE SOME TIME TO MOVE! DANCE, PLAY ACTIVE GAMES, HAVE A JOLLY TIME!




pass fatty meat
pick lean protein

LEANER ANIMAL MEATS HAVE LESS SATURATED FAT. TURKEY, CHICKEN BREAST, AND FRESH HAM ARE GREAT CHOICES. TRIM THE FAT WHEN COOKING THE MEAT!




pass pies
pick fruit

PIES ARE HIGH IN SUGAR! TRY BAKED APPLE SLICES WITH A SPRINKLE OF CINNAMON INSTEAD. WANT SOMETHING FOR EVERYONE? TRY COLORFUL FRUIT AND LOW-FAT YOGURT FOR YOUR GUESTS TO CREATE FUN HOLIDAY PARFAITS!



pass
sugary drinks
pick water

EMPTY CALORIES IN DRINKS ADD UP FAST. TRY ADDING FRUIT TO WATER TO BOOST THE FLAVOR. OR, TRY MAKING ICE OF 100% JUICE FRUIT FOR SOMETHING NEW AND EXCITING.



pass white rolls
pick whole
grain rolls

FROM ALL THAT GREAT FIBER, WHOLE GRAINS CAN HELP REDUCE BLOOD CHOLESTEROL LEVELS AND RISK FOR HEART DISEASE. THEY ALSO MAY HELP WITH WEIGHT MANAGEMENT AND MAKE YOU FEEL FULLER LONGER!