

# How to Eat healthy DURING THE holidays

**Follow  
these  
tips to  
help  
you stay  
on track  
this  
Holiday  
Season!**

## **Take 10 minutes before getting another helping of food**

It takes your stomach a bit to send the "I'm Full" signal to your brain. So after having a helping of food, wait 10 minutes to decide if you need more or not.

## **Snack before you go**

Don't arrive to a party on an empty stomach. Eat a healthy snack before you go so you don't feel as tempted to fill up with unhealthy party food.

## **Drink to your health**

Holiday beverages can contain anywhere from 150-500 "empty" calories. Drinking these will not make you feel full and continue to add excess calories in your day. If you are going to enjoy an adult beverage, try adding in a class of water in between drinks to decrease the amount consumed.

## **Veggies and Fruit**

Don't forget to snack on veggies and fruit at parties. These healthy options are at most holiday get-togethers, both are low in calories and contain important vitamins and minerals for your diet.

## **Walk it out**

Keep moving during the holiday season. Go for a walk with a friend, stay standing at parties or make it a point to move around the party instead of staying in one place (especially not next to the food).

## **Cook for the heart**

Many holiday recipes contain a lot of fat. How can you alter the recipe to make it more healthy for everyone? Nowadays you can find the healthier version of most recipes with a simple Google search or Pinterest find.



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