



# Have a healthy holiday

## Celebrate the joy of the season

The holiday season is all about family, friends and enjoying good food together. But it can be hard on both your willpower and waistline.

The key to healthy eating is moderation. So if your family makes cookies, you don't have to miss out. Instead, just keep the 80/20 rule in mind. If you're making healthy choices 80% of the time, you can afford to splurge a little the rest of the time.



## Did you know?

**Over 60% of Americans agree they deserve to indulge in holiday treats<sup>1</sup>**

<sup>1</sup><https://swnsdigital.com/us/2021/11/over-60-of-americans-agree-they-deserve-to-indulge-in-holiday-treats/>

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# Tips to make your holiday healthier



## Include healthy food choices.

If you're the host, make sure you have healthy food choices on the menu. If you're a guest, offer to bring something that's both tasty and good for you.



## Snack before you go out.

Eating a small healthy snack before you go out to celebrate can make you less likely to overeat later.



## Make it mini.

Small finger foods and mini desserts can help keep portions in control. You can offer a variety that makes your table fun and interesting.



## Change the recipes.

Use lower fat, lower calorie ingredients in recipes where you can. And try cutting back on sugar — most recipes will still taste good with a lot less.



## Drink water.

A lot of holiday drinks are high in sugar and calories. There are more than 200 calories in an 8-ounce glass of egg nog and more than 20 grams of sugar.<sup>2</sup> Stick to water or no-calorie drinks for a healthier choice.



## Skip the food entirely.

Many holiday gatherings include a traditional meal. But you can plan an event that centers around a fun activity instead.

<sup>2</sup><https://www.consumerreports.org/nutrition-healthy-eating/before-you-drink-eggnog-read-this-a4679659436/>

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