Eating Healthy During The Holidays

During the holidays, yummy food and tasty treats are everywhere. It would be easy to let healthy eating habits slide, but holidays can still be healthy.

Here are some tips to help you and your family stay on track with good eating habits:

- Nibble on health snacks like whole grain crackers, fruit, or raw vegetables before the big feast. You will eat less.

- When you are at a party or having a holiday meal, look for the foods that are healthier, like veggies or fruits, and make sure to eat some of those.

- It takes your brain some time to signal you are full. Wait 10-15 minutes before eating seconds. This may keep you from overeating!

- It's not rude to say no to food. Don't be pressured to eat, if you aren't hungry.

- Eating holiday goodies like fudge, peanut brittle, cookies, and other baked goods is fine, but eat them in small portions.

You can help make healthy holiday food with your parents.

Look for low-fat recipes that substitute butter and oil with non-fat ingredients like applesauce or pumpkin.

courtesy of http://kids.usa.gov/articles/healthy-eating/index.shtml

Happy Holidays