



Nutrition Facts

Healthy Holiday

“There is so much food during the holidays but you can enjoy the food and still eat healthy.”

The holiday season is just around the corner. Time for friends, family, celebrations, get togethers, and favorite foods.

Here are a few ways to maintain your weight and avoid extra pounds while still enjoying the food and celebration:

- The key is moderation, variety and balance.
- Listen to your body; know when you're hungry and when you are full.
- Eat a light breakfast and lunch before going to an evening party. This way you won't feel starved and it will prevent overeating.
- Bring healthy foods to the party. A good example would be a bowl of fruit.

- Choose your favorites but keep in mind small portions.



- Don't stand near the food while you're talking. You may eat more than you really want.
- Drink plenty of water and limit alcoholic beverages. They have lots of empty calories.



- Make holiday traditions and include some kind of physical activity.
- Encourage friends and family to join you on a walk.



Ask the Dietitian
County of Los Angeles, Public Health
Nutrition Program

www.lapublichealth.org/nutrition