

# HAVE A HEALTHY *Holiday Season*



## TIPS FOR A HEALTHY HOLIDAY SEASON

- **Choose homemade recipes instead of processed foods or use healthy ingredient substitutions.** Make a dish yourself is a great way to cut back on excess salt and sugar. This will also make you more aware of what you are eating and when. Also, substituting ingredients for healthier options can help reduce calories, fat and sugar.
- **Fill up on colorful, seasonal fruits and vegetables.** Fruits and vegetables can make create side dishes to the table. Try to increase the amount of vegetables you have on the table.
- **Eat mindfully and slow down during meals.** When you are eating, allow yourself to enjoy your favorite holiday flavors and meals. Eat slow and take breaks as you are eating. This will allow your stomach's "full" signal to reach your brain before you have overeaten.
- **Stay hydrated.** Water accounts for 60% of our total body weight. Water is necessary for several bodily functions and delivering nutrients to our cells. Consuming water throughout the day can help you stay hydrated and can also prevent overeating.
- **Continue to incorporate exercise.** Even if your schedule is a different than normal, continue to incorporate exercise. This is important for your mental and physical health and can help to relieve extra stress from the holiday season. If you do not have your usual scheduled time to exercise, break up the time into small segments throughout the day.
- **Try to stick to your typical sleep schedule.** Sticking to your sleep schedule will improve your quality of sleep now and through the holidays. Irregular sleep can lead to poor sleep quality, fatigue, poor eating habits and daytime sleepiness.
- **Take time for yourself.** Whether you are staying with family for the holidays or attending gatherings, it can be draining and stressful. Take time for yourself to go for a walk, meditate, journal, or spend a few minutes of quiet.

### HEALTHY INGREDIENT SWAPS

*(to lower calories, sugar, carbohydrates, and/or fat in recipes)*

Unsweetened applesauce  
for sugar

Greek yogurt for sour cream

Honey or maple syrup  
for sugar

Black beans for flour

Ground flaxseed for eggs  
or breadcrumbs

100% whole wheat flour,  
coconut flour, or almond  
flour for white flour

Fig/prune puree or  
avocado for margarine  
or butter

Evaporated skim  
milk for whole milk or  
heavy cream

Chia seeds in water  
for eggs

Canned pumpkin for oil

Unsweetened cocoa  
powder for chocolate  
chips or chunks



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