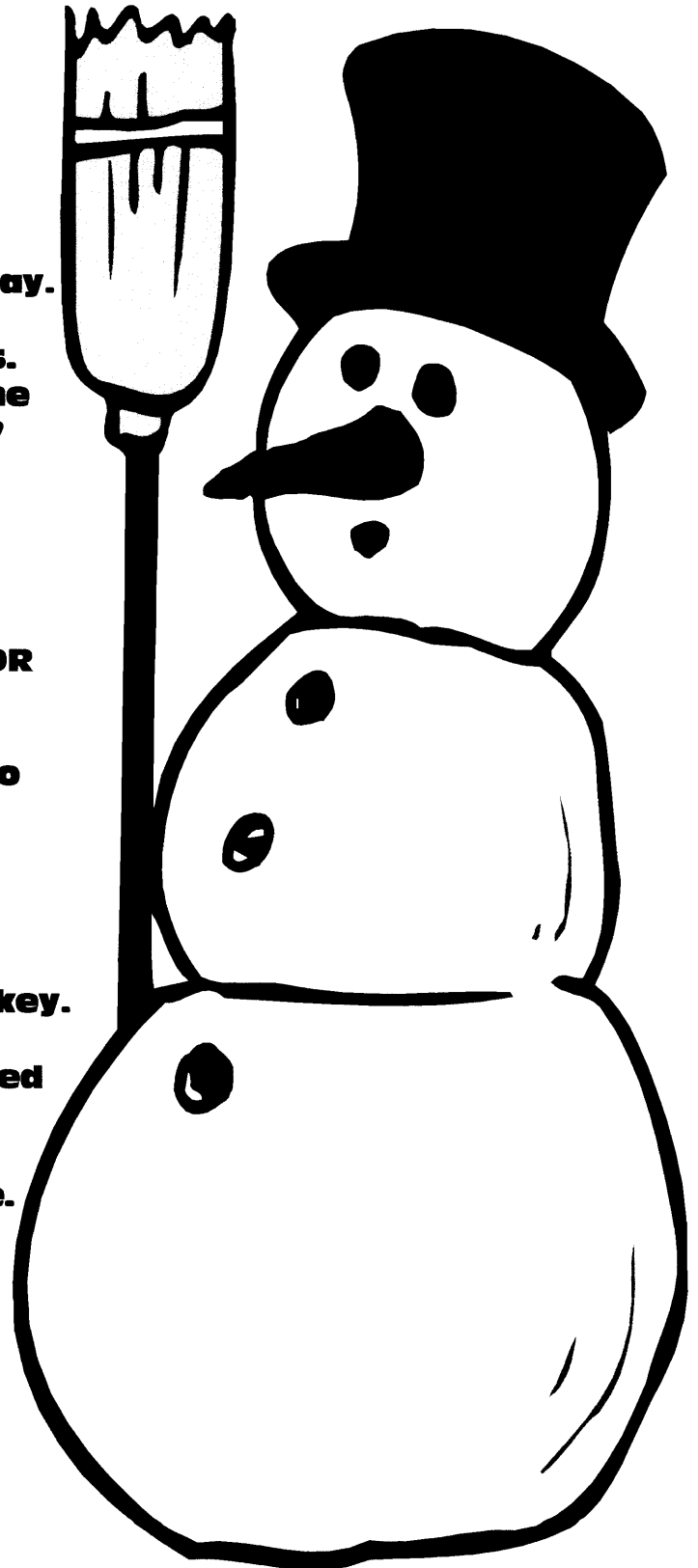


# Eating Healthy During the Holidays!



- 1. Have a snack, such as fruit, before the feast to avoid eating too much.**
- 2. Eat less the day before and after the feast so you can eat more that day.**
- 3. Limit or avoid high calorie beverages. Did you know 1 cup of egg nog has the same calories as a slice of apple pie?**
- 4. Eat slowly and enjoy each bite.**
- 5. Instead of butter on the vegetables try misting, not pouring, olive oil and sprinkling parmesan cheese OR try lemon juice and herbs.**
- 6. Pass the gravy through a skimmer to cut fat.**
- 7. Choose skinless, white meat rather than dark meat.**
- 8. Cook the stuffing outside of the turkey.**
- 9. Try baked potatoes instead of candied yams.**
- 10. Let guests take the left-overs home.**
- 11. Take a walk instead of a second helping!**



***Get Healthy Hartford***