



## *Celebrating the* **HOLIDAYS**

# Healthy Holiday Eating

Holiday gatherings overflow with eggnog, cookies and other treats loaded with fat and calories. Eating these goodies in moderation, maintaining healthy eating habits and exercising will help you avoid weight gain and improve your overall well-being. Below are some guidelines for healthy eating during the holiday season.

### **Choose these foods:**

- Plan your appetizer plates and holiday menus around low-fat, low-cholesterol foods like vegetables, fruits, rice and pasta. They're high in fiber and carbohydrates, and they're filling without being high in fat.
- When cooking for the holidays use vegetable, olive and canola oils. These oils are relatively low in saturated fat compared to palm oils, butter or lard.
- Select low- or non-fat varieties of products like salad dressing, cheese, mayonnaise and milk. Fat contains more calories per gram than carbohydrates and protein.

### **In addition to choosing the right foods, try these tips:**

- Eat something healthy and filling before going out to your holiday party. You'll be less tempted to fill up on calorie-laden treats.
- Instead of having eggnog or a high calorie (and nutritionally empty) alcoholic drink, have a diet drink, sparkling water or club soda.
- Choose baked, broiled or steamed entrees or hors d'oeuvres.
- Eat smaller portions at a slow pace. This helps prevent overeating.
- Try to eat long before your bedtime. This gives your body time to digest your food before you go to sleep.

### **Getting help**

If you have specific weight management concerns, you may want to look into weight loss centers, nutritionists or support groups. If your weight poses a health concern, see your doctor.

### **Resources Are Available**

Additional information, self-help tools and other resources are available online at [www.MagellanHealth.com](http://www.MagellanHealth.com). Or call us for more information, help and support. Counselors are available 24 hours a day, seven days a week to provide confidential assistance at no cost to you.

© 2004 Magellan Health Services, Inc.