

Holiday Eating

Tips on eating healthy during the holiday season

The holiday season is in full swing which means many festive parties, dinners and events. While they provide an opportunity for everyone to celebrate the holidays, they also increase our temptation to overindulge in unhealthy foods. To help maintain control of your eating habits, here are some healthy eating tips from Alison Manger-Weikel, registered dietitian at Carroll Hospital Center, to keep in mind at your next holiday season outing:

Watch your food portions. Eating smaller portions are best and skip taking seconds of high calorie dishes. If dining out, rather than finishing the entire meal, plan on taking leftovers home since food portions are usually double what they should be in restaurants.

Continue exercising throughout the holidays. Look for opportunities to get exercise whenever you can, even a brisk walk. Try to develop a routine and keep it going. Don't wait until the New Year to make weight loss promises.

Monitor your eating throughout the day. If dining out, always be conscious of what other meals you've had earlier in the day in order to avoid additional unnecessary calories.

Keep raw fruits and vegetables handy. These are healthier snacks to nibble on instead of higher fat treats such as chocolate and cookies.

Choose healthier options when you go out to eat such as baked or broiled seafood and chicken. Try to avoid fried and sugary foods.

Limit your alcohol intake including liquor and coolers. Not only are they unhealthy, they are filled with a significant amount of empty calories.

Indulging in some treats is okay but in moderation. It is the holidays after all, so it is fine to have an occasional treat, but choose something that you do not typically have except during the holidays and only have one serving.

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