



Top 10 Tips for Healthy Holiday Eating

1. Plan ahead
2. Eat before you go
3. Exercise regularly
4. Reach for the smaller plate
5. Be careful with beverages
6. Practice “mindful eating”
7. Make recipes healthier
8. Contribute a healthy dish to the party
9. Survey the buffet before taking your plate
10. If you overindulge, get back on track at the next meal

