

HEALTHY HOLIDAY EATING TIPS

Exercising in the cold burns more calories than exercising in warmer temperatures, making it easier to lose weight.

The holiday season is a time to celebrate with family and friends. One way we do this is holiday meals. Traditional holiday meals include high calorie, high fat and excess sugar in food. Is it possible to eat healthy during the holidays? Yes – read on to learn about healthy eating during the holidays.

01 | Moderation

Staying healthy during the holiday season does not mean you need to deprive yourself of those traditional holiday foods; enjoy them in smaller portions, use heart-healthy ingredients, and make substitutions where possible.

02 | Incorporate Color

Fruits and vegetables are colorful and nutritious. Be sure to add lots of fruits and vegetables to your holiday meals. They will help you feel full longer and provide key nutrients to keep you healthy.

03 | This for That

Swapping sodium, saturated fats and added sugars for healthier options are great ways to make healthy food choices during the holiday.

- Use herbs and spices in place of table salt and butter
- Drink sparkling water instead of sugary beverages
- Swap butter for healthier vegetable oil
- Bake, grill or steam instead of frying

03 | Stay Active

Another great way to stay healthy during the holiday season is to keep moving. Go for a walk or run. Walking is an activity the whole family can enjoy together. Try not to skip workouts, and incorporate healthy activities into your daily routine.

Did You Know?

Gaining a pound of fat requires eating more than 3,500 calories above and beyond how many you burn.

Click [here](#) for more information on keeping your heart healthy during the holiday season.

References

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