Nutrition for the Holidays
Ali John
Graduate Student,
Nutrition and Health Sciences

Not sure about what to eat and what not to eat during the holidays? Holidays bring many activities that revolve around food and beverage. Here are a few tips to help you manage.

Whether you are headed to the mall for some shopping or to your best friends ugly sweater party, for most people, the holiday season is full of five things: family, friends, food, parties, and stress.

It is also a time when it can be easy to miss your regular diet and exercise routines. What many people don’t realize is maintaining diet and exercise habits does not mean missing out on any of the fun of the holidays but it can help in reducing stress, maintaining health, enjoying family and feeling joyful. Follow the ten tips below on how to stay on track during this holiday season.

1. Eat before you head out for an afternoon of shopping so you can maintain your healthful nutrition routine.
2. Try to eat your regular meals: When you arrive at a holiday party starving you will tend to eat more.
3. Stay Active.
4. Try to think of MyPlate (www.choosemyplate.gov) food groups when making your selections—fruits & vegetables, lean protein, whole grains & low-fat dairy.
5. ENJOY your favorite treats in moderation, stop eating when you are satisfied and try to maintain mindfulness.
6. Keep food records: Food records help you to be accountable, mindful and aware of what you are eating.
7. After dinner, take a walk and enjoy holiday decorations.
8. To avoid mindless snacking, stand somewhere other than by the buffet table.
9. Cocktails=Calories. Drink alcohol in moderation (1 a day for women, 2 a day for men, and must be 21 or over.)
10. Concentrate on relationships. Keep the conversation flowing and remember the best part about the holidays is time with family and friends.

For more information contact: Ali John, Nutrition and Health Sciences, Johnam@huskers.unl.edu

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