



31 Days of Healthy Holiday Tips

Limit your eggnog. One cup of eggnog has 350 calories, 19 grams of fat and 21 grams of sugar. If you just can't fight the urge, have a half cup instead of a full cup.

Want an after dinner drink? Swap out hot chocolate with a festive cup of cinnamon tea.

Craving something sweet? Try a handful of frozen grapes instead of candy and cookies.

If you are baking, use avocado instead of butter. Learn how to make the switch [here](#).

Cut the calories but keep the taste by using Greek yogurt instead of sour cream. Give this [Greek Yogurt Ranch Dip](#) a try.

Try a new twist on an old favorite. Sprinkle a baked sweet potato with cinnamon and brown sugar instead of baking a casserole.

Healthy holiday treats. Chocolate-covered, cocoa-dusted or cinnamon-spiced walnuts are packed with fiber, healthy fats and protein, and taste so good you'll want them year round.

Say hello to hummus. Hummus can be a great replacement for cream cheese with fewer calories and less fat.

The good stuff. Choose dark chocolate over milk or white chocolate for its anti-inflammatory properties and antioxidants.

Branch out from traditional holiday foods. Try shrimp cocktail as your holiday appetizer instead of fried food for more protein and less fat.

Try a fun twist on traditional sides. If your family traditionally has green bean casserole, try a recipe with a little less fat like green bean almondine.

Tasty and healthy desserts. Instead of apple pie with refined sugar and processed ingredients, try baked fresh apples with a little cinnamon which are lower in sugar and fat but still taste great.

You won't even taste the difference. Choose mashed cauliflower instead of mashed potatoes for more nutrients and less calories. Stuck on where to start. Try this [Garlic Mashed Cauliflower recipe](#).

Think about how you're preparing your favorites. Roasted turkey has less calories and fat than fried turkey.

Control your portions. Use smaller plates and try some of these other [tricks](#).

Have just one bite. Eat one bite of whatever you want, but just one bite.

Choose leaner proteins. Turkey without the skin, fish, pork and other lean proteins fill you up and give you lots of energy.



Savor your food. Taking time to appreciate each bite can help slow you down while eating and can prevent overeating.

Put your fork down between bites. This can slow you down and help you to appreciate your meal, as well as aiding in digestion.

Ask yourself how hungry you really are before eating. Use this handy chart to gauge your hunger.



Drink plenty of water. Try to drink 16 oz. of water 30 minutes before every meal to aid in digestion and prevent overeating.

Stick to your exercise routine as much as possible. You may have to switch a few things up to accommodate your holiday schedule but try to move, even a little bit, every day.

Get moving! Try writing down your five favorite exercises and do them for 30 seconds each when you find you haven't moved in a while.

Schedule an activity or try a new workout. Being on a different schedule is the perfect time to try something new.

Take time to unwind. The holidays can be stressful. Try a short meditation if you're low on time like NCHPAD's [Growing Gratitude Meditation](#).

Think positively. Focus on what you can do, not on what you can't.

Sleep. It can improve just about anything.

Don't worry, be happy! Focus on the spirit of your holiday and try to let go of all the outside stresses the holidays can bring.

Get some sun. Even though it's cold outside, try to get some sun. It stimulates serotonin and can help alleviate seasonal affective disorder.

Do less, enjoy more. Put on your favorite music and DANCE!

LAUGH! It reduces stress hormones and can improve your immune system.