



### Bring Tricks to the Table during the Holidays:

#### Offer to bring your own healthy dish.

If you know there will be tempting foods, ask the host if you can bring a dish so there is at least one healthier option. Try to add vegetables into your dish to enhance the nutrition.

#### Have a small healthy snack or glass of water before eating to help curb your hunger.

Drink a small glass of water before going to the holiday gathering to decrease your chance of overindulging.

<https://www.nutritioncaremanual.org>

#### Add more vegetables—eat them first.

Fill up first on vegetables that are nutrient dense, and lowest in calories. Choose steamed, boiled or baked vegetables.

#### Skip the gravy and butter.

Try foods that do not have gravy or butter to help decrease fat and calories in dishes. Choose foods that are baked, grilled, broiled or steamed.

**Stay tough through the holiday temptations so you can still fit in your uniform!**



#### Find an accountability partner to help support you!

Studies have shown that social support, whether family or friends, can help in weight loss and weight maintenance, and other health behaviors.

#### Use a small plate instead of a large plate to help manage portions.

Studies suggest that the use of smaller plates may help individuals eat less.

Offer to bring disposable, nine-inch plates with you to the meal.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4441217>

### Surprising Holiday Facts:

According to an NIH study, weight gain during the holidays may be around one pound. This may be lost throughout the rest of the year but can contribute to overall weight gain.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4336296/>

#### Don't compete to eat your food the fastest!

Did you know it takes approximately 20-30 minutes for us to realize that we are full? Take your time!

<https://www.eatright.org>

#### Choose white meat instead of dark meat.

Did you know light meat has fewer calories and less fat than dark meat?

Take off the skin to decrease the calories and fat even more.

<https://ndb.nal.usda.gov/ndb>

### Cook Up Some Healthy Holiday Dishes:

- **Food & Nutrition:** <https://foodandnutrition.org/>
- **MyPlate Recipes:** <https://www.choosemyplate.gov/recipes-cookbooks-and-menus>
- **USDA's Mixing Bowl:** <https://whatscooking.fns.usda.gov/>