

# HOLIDAYS

Best strategies for navigating holiday parties



## Holiday Foods to Skip (or Moderate):

Moderation is the key here. These foods are calorie-dense and low in nutrients. Pick one or two favorites and skip the rest.

- Holiday **cakes** like fruit cake, spice cake, or good old chocolate cake.
- Holiday **cookies**. Frosted cookies are especially high in calories.
- Decadent **drinks** like cocoa or eggnog.
- Massive **cheese** plates.
- Holiday **pies** like pumpkin pie and pecan pie.
- Holiday **candies**. Caramels, toffee, and candy canes deck tons of holiday tables every year.
- Other very rich **desserts**.

## Party Well for the Holidays

Holiday parties are awesome. Here's how to have fun without missing your health goals.

- Fill up on **one or two foods that are healthful** — veggies, fresh fruits, lean protein etc. That way you can add **small portions of one or two of your very favorite holiday treats** without feeling utterly deprived.
- Go for a dip! Try **fresh vegetables with low-fat dip**. Nonfat Greek yogurt makes an excellent savory base.
- When facing or preparing a meat and cheese platter, **choose low-fat cheese, lean protein, and whole wheat bread** or crackers.
- **Get out on the dance floor** and shake things up. You'll have tons of fun and burn calories at the same time.

