

December Nurse Newsletter



Happy holidays from our family to yours!

The holiday season is a joyous time of the year filled with friends, family and giving. However, the season also comes with parties, eating, chaotic schedules, and stress. People can be busier and it is difficult to keep up with a workout routine; eating habits can be thrown off by holiday travel, busy schedules, tempting desserts, and fattening dishes. Here are some tips to help you enjoy a healthy and happy holiday season this year.

Plan Ahead If you know you will attend a holiday party at night and will indulge in not so healthy foods, eat healthy and low-calorie foods during the day to balance out caloric intake.

Make Substitutions

Many ingredients in traditional holiday recipes can be substituted for ones that are not as unhealthy.

Use skim milk to make mashed potatoes instead of whole milk.

Swap the white roll with the wheat roll.

Use low sodium broth, soups, and canned items.

Serve steamed green beans instead of green bean casserole.

Making healthy substitutions will lower your fat, calorie, and sodium intake, helping you stay healthy this holiday season.

Beverage Control

It is important to be conscious not to consume excessive calories through beverages.

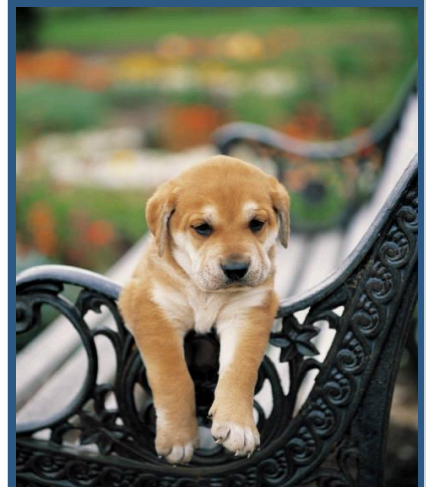
Drinks such as eggnog, hot chocolate, and apple cider have empty calories and high sugar content.

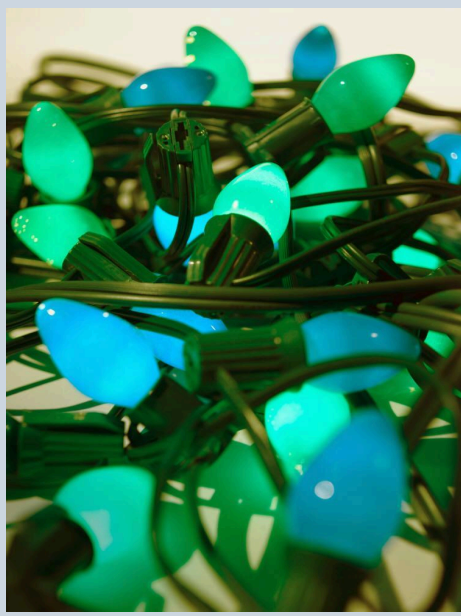
Limit yourself to one seasonal beverage a day and remember that water is always the best option to keep you hydrated and energized.

Tips for eating smart and healthy during the holiday season

- Plan Ahead
- Make Substitutions
- Avoid Overeating
- Beverage Control
- Exercise
- Be Selective

Take a walk after dinner. It can provide some quiet time to de-stress and aid in digestion.





Avoid Overeating

You will be much happier and feel better the next day if you resist the temptation to overindulge.

Choose moderate portions of food you like best and fill up half your plate with fruits and vegetables.

Eat slowly so your body can digest and signal that it is full and only go back for seconds if you are still hungry.

Sweets are fine in moderation. If you are going to indulge, enjoy, and limit yourself to a small quantity.

Eat an apple, cut up vegetables or other healthy snacks before attending a holiday party or meal to avoid overeating while you are there.

Exercise

Be sure to keep up on your normal exercise routine if you have time to do so. For those whose exercise schedule is altered by the holidays, there are other ways to get your exercise in during the holiday season.

Complete a shorter high intensity workout. For example, three sets of squats, pushups, and sit-ups. Try 30 second sprints on the treadmill for 15 seconds.

Another way to get exercise in is to go on a walk with family or friends to catch up instead of sitting on the couch.

Be Selective

Before you began eating at a holiday party, check out the options and choose the foods that you really want to eat.

If everything looks tempting and delicious, have a small sample of different foods that you really want to eat.

Be mindful when eating. Mindful eating is about developing awareness of your experience, physical cues, and feelings about food.

Use self-control and limit yourself to sweets and treats you really love. You will thank yourself the next day.

Enjoy the holidays and follow these tips to stay healthy and prepare for the New Year.

<https://www.healthline.com/health/healthy-holiday>

