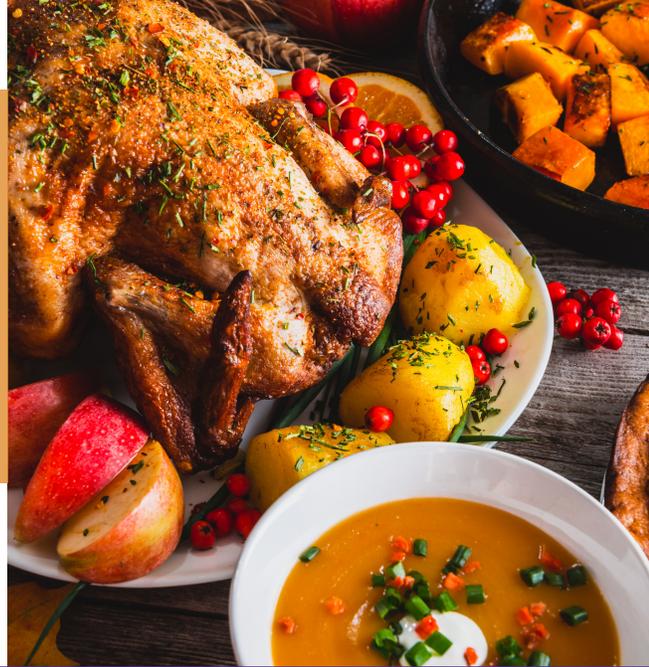


# HEALTHY EATING THROUGH THE HOLIDAYS



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The holidays are a special time filled with family, friends, traditions and...FOOD!

Making good choices can become more difficult during this high-stress, fast paced, sugar-filled time of year!

The holidays don't have to be a time of unhealthy eating and weight gain. Stick to these healthy guidelines and you can still enjoy a delicious, yet nutritious, holiday season.

Let's start with some healthy eating guidelines:

- Aim for unprocessed and low sugar as much as possible.
- Focus on fruits, vegetables, and proteins such as seafood, poultry, and meats.
- Get a balance of carbs, proteins, and healthy fats to keep blood sugar balanced.
- Healthy fats include: olive oil, real butter, avocado oil, coconut oil, and the fats from good quality animal products (ex. the yolk in the egg, the fat in the salmon, etc.)

Concentrate on eating real, whole foods this holiday season that are less processed, have less sugar, and are filled with deliciously satisfying high-quality proteins and fats!

## **1 Set yourself up for success!**

On the day of a holiday gathering, eat a full, nutritious breakfast that includes healthy fats and proteins to keep you feeling satisfied and in control.

## **2 Take care of you!**

Consider your stress, sleep and your physical activity and be sure these areas are under control for optimal health!

## **3 Practice mindfulness!**

The holidays are filled with delicious foods - be a food snob and choose only the treats that are most worth it to you...and then enjoy every bite!

## **4 keep an open mind and get creative!**

Modify family favorites to have less sugar, less processed foods, more vegetables and healthy fats - your body will thank you!

## **Recipe modification tips:**

- If a recipe calls for a fat, you can substitute coconut oil, olive oil, or avocado oil.
- When a recipe calls for sugar, cut the quantity in half and then replace it with maple syrup or honey.
- When a dish is meant to be served over/with pasta, try spiralized zucchini or spaghetti squash.
- If a recipe calls for flour as a thickener, sometimes arrowroot or tapioca starch can be used in its place.
- “Riced” cauliflower and mashed cauliflower can be used as substitutes for rice and potatoes respectively.
- Coconut milk can be a substitute for dairy.

## **Holiday Meal Menu Suggestions:**

Creating a delicious, nutritious menu that follows healthy guidelines is easier than you might think! Pick a high quality protein as the main dish, then add as many vegetables as you can manage! The more colors you can incorporate into your menu, the more variety of nutrients you will have as well as a more appetizing and beautiful-looking meal!

- Apps: Deviled eggs, veggie platter with a homemade veggie dip, guacamole with tortilla chips, kale chips, bacon wrapped scallops, bacon wrapped dates, prosciutto wrapped asparagus, shrimp served with a homemade cocktail sauce, chicken wings, gluten free crackers and cheese.
- Main dish: stick to high quality protein such as pastured turkey, duck, lamb, ham, pork tenderloin, or grass fed beef roasts.
- Sides: modified versions of the green bean casserole and sweet potato casserole, homemade cranberry sauce, roasted root vegetables, mashed root vegetables, mashed cauliflower, mashed sweet potatoes, winter squashes such as butternut or acorn squash, any fresh vegetable such as steamed/sautéed green beans, asparagus or carrots, roasted Brussels sprouts with bacon, tossed salad with a homemade olive oil and vinegar dressing.

## Holiday Survival Tips:

- Follow the healthy eating guidelines (on the front of this handout) all year round - not just at holiday time!
- When holiday shopping, keep healthy snacks in the car with you to avoid the temptation of candy and unhealthy snacks at the checkout.
- Be aware of social pressures - be prepared when loving friends and family try to question your decision to make healthier choices.
- Keep bone broth on hand and drink it daily to strengthen your immune system during the holidays when eating healthy is a bit more difficult.
- Be mindful of alcoholic beverages - they can decrease your ability to make wise food choices and it can also disrupt your sleep.
- Offer to bring a dish to a gathering. This gives you control over the ingredients that go into it. Bring something you feel is nutritious and satisfying.

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