

Live Healthy During the Holidays

Maintaining healthy habits during holiday festivities can be difficult. With so many tasty treats and dishes, many of us often wind up on the naughty list. Below you'll find ways to get in the holiday spirit without packing on Santa's belly, even during the most tempting of holiday celebrations.

As a guest:

- Power up with breakfast. It'll help you stay full throughout the day.
- Snack before going to the party. It'll help curb your appetite at the event.
- Bring a healthy dish. Few people feel good after bingeing on holiday treats.
- Eat slowly. Savoring your food will help you realize you're full sooner.
- Limit portion sizes. Try eating half a slice of pie.
- Drink lots of water. Staying hydrated will make you feel full.
- Limit alcohol intake. Tasty holiday cocktails are loaded with calories and sugar.
- Socialize away from food serving areas. You'll make a more conscious effort to fill your plate, rather than mindlessly snacking.
- Ask what's being served ahead of time and plan what you'll eat, rather than acting on impulse.

As a host:

- Choose healthier alternatives to serve to guests.
- Lighten up traditional holiday dishes. Check the Your Health section on the eNet for suggestions.
- Serve smaller portions.
- Host an hors d'oeuvres party.
- Have water readily available for guests.
- Set up a place away from food where people can socialize.
- Throw a holiday dance party.
- Play games or supply arts and crafts.
- Instead of desserts, offer coffee after dinner with flavored creamers.
- Make a hot chocolate station instead of serving cakes, pies and cookies.

