

Healthy Holiday Hacks

Skip Sitting Pick Moving

In addition to enjoying great food, take time to move, dance and play active games with family and friends. Be the life of the party!

Skip Fatty Meats Pick Lean Proteins

Leaner animal products have less saturated fat. Turkey, chicken breast, and fresh ham are great lean protein choices. When cooking meats, trim the fat.

Skip White Flour Rolls Pick Whole Grain Rolls

Whole grains contain dietary fiber, which helps reduce blood cholesterol levels and heart disease risk. They also may help with weight management and make you feel fuller for longer.

Skip Pies Pick Individual Fruit

Pies are high in sugar. Try baked apple slices with a sprinkle of cinnamon instead of apple pie. Or, have colorful fruit and low-fat yogurt available and let guests create their own parfaits.

Skip Sugary Drinks Pick Water

Empty calories in drinks add up. Try adding fruit slices to water to boost its flavor. Or, make ice cubes out of 100% fruit juice to make your water more exciting.



Source: <https://choosemyplate.gov>

This material was funded by USDA's SNAP and other HealthMPowers partners. This institution is an equal opportunity provider.

