

# SUNDAY MORNING

## Health Corner

### Eating Healthy for the Holidays

As the holiday season approaches, it's easy to get caught up in the whirlwind of celebrations and traditional meals. While it's a time to enjoy and gather with loved ones, it's also important to maintain balance and make mindful food choices to support your overall health. Here's how you can enjoy festive meals while keeping your nutrition goals on track.

1. **Portion Control:** Be mindful of portion sizes.
2. **Balance Your Plate:** Aim to fill half your plate with vegetables and fruits, one-quarter with lean protein, and the remaining quarter with whole grains.
3. **Stay Hydrated:** Drink water before meals to help with digestion and prevent overeating.

### Meal Planning Tips for Healthier Holidays

- **Plan Ahead:** Map out your holiday meals and create a shopping list.
- **Lighten Up Traditional Recipes:** Substitute ingredients for healthier alternatives.
- **Go Easy on the Sauces:** Choose homemade dressings and gravies made with broth, herbs, and minimal added sugars or fats.

Remember that holiday health isn't just about food. Gratitude is one of the best ingredients for a happy and healthy holiday season.



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