

# SUNDAY MORNING

## Health Corner

### Healthy Eating for the Holidays: Balancing Tradition with Wellness

The holiday season is a time for **celebration, family, and delicious meals**. For many of us, these traditions bring **comfort and joy**, but they can also come with challenges to maintaining our health goals. Let's explore how to enjoy holiday feasts while making choices that honor both your traditions and your well-being.

#### Tips for Healthy Holiday Eating:

1. Portion control is key
2. Load up on vegetables
3. Stay hydrated
4. Don't skip meals
5. Savor every bite

Allow yourself to indulge in your favorite treats in moderation, and focus on the moments shared with loved ones. A **balanced** approach will help you stay on track while still embracing the festive spirit.

Try incorporating one **heart-healthy** swap into your holiday menu or bring a lighter version of a favorite dish to your next gathering. Small changes can make a big difference!

Wishing you a season of health, happiness, and tradition,



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