



## *Have a Happy Healthy Holiday - Making Healthy Food Choices*

With all the parties and holiday feasts, making healthy food choices may not be easy during the holiday season. But you do not need to trade off your healthy eating habits. Below are a few tips that will help you to make healthy food choices at holiday feasts.

**1. Do not skip meals.**

Do not go to holiday parties and feasts on an empty stomach – skipping meals often will lead to overeating.

**2. Remember 2:1:1.**

Follow the ratio 2:1:1, 2 portions of vegetable to every portion of protein (meat, fish or egg) and carbohydrate (rice, naan). If you use a plate as your serving tool, fill half of your plate with vegetables, and evenly split the rest of the plate between protein and carbohydrate.

**3. Use smaller tableware.**

The larger the tableware, the more you tend to eat. Try using the following instead:

- Smaller plates (9" diameter)
- Smaller bowls (8 fl oz volume)
- Smaller cups (8 fl oz volume)

**4. Drink with a tall, slim glass.**

The shape of the glass will also affect how much you drink. People tend to pour less into tall, slim glasses.

**5. Enjoy smaller portions.**

Whether the food is served communally or buffet style, start with smaller portions. If foods are pre-portioned, such as at a banquet, share with others instead of finishing the entire portion yourself.

**6. Eat slowly.**

Eat slowly, and enjoy the time socializing with your friends and family - stop after every few bites and talk with others. After all, the holiday season is about spending time with your family and friends.

**7. Wait for 20 minutes.**

After you have eaten, it takes about 20 minutes for you to feel that your stomach is full. Wait for 20 minutes before you have that second helping.

**8. Take a walk after the meal.**

Take a walk after your meal; it may help in lowering your blood glucose spike from the meal. Remember to stay active!

