# HAPPY & HEALTHY HOLIDAYS

Avoid the all or nothing mentality. You can indulge with purpose and honor your body.

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Holidays are a time to be with family and friends, however, it's also a time with a lot of food and drinks which can lead to unwanted weight gain and health risks. A single plate can easily add up to more calories, fat, and sodium than you need for an entire day.

Here are a few tips to get you through all the parties leaving full, satisfied, and feeling good about your choices. Plan to choose the tip(s) that best fit you and commit to them.
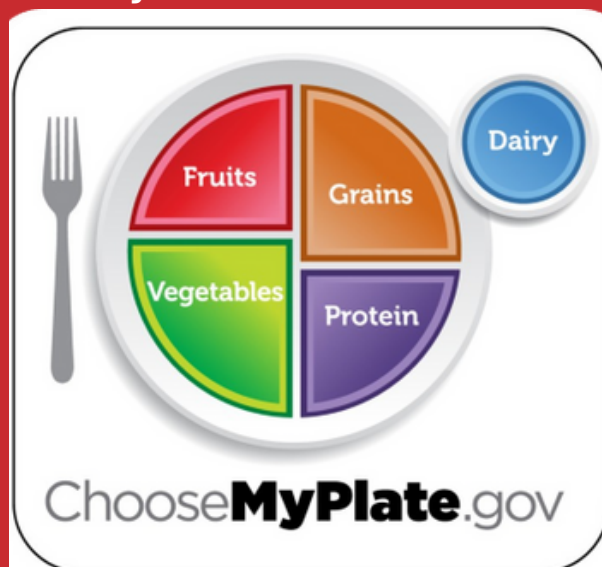
- Eat your regular meals. Don't go to a party hungry, it will be harder to make good choices.
- Stick to one plate of food per event. Remember you can always take a plate home if you really want to enjoy more of it.
- Pick only your favorite foods. There are usually plenty of grain and meat options.

- Choose the one you are really looking forward to having. The rest can be for another day.
- Bring fruit/vegetable platters to balance the spread.
- Stick to 1 sugary/alcoholic drink for women and 2 for men.
- Stay hydrated. Drink 8 cups of water per day.
- Fill your plate with vegetables first.
- Eat slowly, really enjoy your food, avoid distractions and be present.
- Once you are satisfied, walk away from the food and have fun!
- Remember to dance, sing, talk and play games. It's not just about the food.
- Be kind to yourself if you over do it. Get back on your health goals the next day, don't wait until Jan 1st.

Visit noemyjorge.com to schedule an appointment with me through your insurance . Insurance eligibility will be determined