

Making Healthy Holiday Choices



The holiday season brings party food, cookies, eggnog, and other holiday treats that, though tasty, are often high in calories. To enjoy your holiday parties without overindulging, consider the following tips:



Eat a healthy snack before heading to a party to help you avoid grazing on party food to satisfy your hunger.



Make socializing your focus — conversation will keep you occupied and away from the food table.



Abstain from or limit your drinking. Alcohol increases hunger and lowers willpower.