Tips for Healthy Holiday Eating

UF/IFAS Extension agent Virgilia Zabala offers some strategies for enjoying holiday meals without overindulging.

**Savor Your Meal**
Practice mindful eating by taking the time to savor the texture and flavor of your meal.

**Be Engaged**
Be present in the moment and enjoy conversations with those around you.

**Eat Beforehand**
Don’t starve yourself to “save up” for the big meal. Instead, eat smaller portions earlier in the day.

**Fix a Healthy Plate**
Fill half of your plate with fruits and vegetables, choose low-fat proteins, and include whole grains. And drink plenty of water.

**Save Some Treats**
Don’t go-all out and overindulge in one day. Save some goodies for the next day.

**Get Moving**
Go for a walk, ride a bike or play catch throughout the season. The exercise will help your body burn off some of those goodies.

Source: UF/IFAS Extension Offers Tips for Healthy Holiday Eating, 10/6/18, https://tinyurl.com/y9zb2cr.