

# Food for Thought

December 2018

## Ten Tips for Healthy Holiday Eating

It is possible to enjoy the holidays while maintaining your weight and not having regrets about what you ate. Consider these 10 tips for healthy holiday eating:



- 🌲 **Eat what you love and leave what you like.** You don't have to eat everything that is put in front of you. Make careful choices and stick with the foods you enjoy most. Don't select foods that aren't your favorite just because they are there.
- 🌲 **Go to gatherings to gather, not to eat.** Focus on enjoying those you are with, not just the food.
- 🌲 **Fill your plate with 80% healthy food** and save the other 20% for dessert or treats.
- 🌲 **Skip the punch and eat the cake.** You'll likely enjoy eating your calories more than drinking them.
- 🌲 **Don't save up for later.** It doesn't make sense to starve all day because you have a party that night. You will likely end up consuming more because you are so hungry. Eat light, but don't skip meals.
- 🌲 **Don't skip breakfast.** It is the most important meal since it fuels your body as you start the day.
- 🌲 **Pack the snacks.** Keep healthy snack choices available when you're on the run so you don't overeat at mealtimes.
- 🌲 **Follow the three-bite rule.** People seem to most enjoy the first and last bites of what they eat, so put a bite in between and call it good after three.
- 🌲 **Don't skimp on sleep.** Being tired and cranky won't be good for anyone during the holidays.
- 🌲 **Drink water.** Staying hydrated during the hustle and bustle will help you feel your best and will



### Holiday Fruit Parfait

Green grapes  
Strawberries

Kiwi  
Low-fat vanilla yogurt



Rinse fruit and pat gently with paper towels. Cut fruit into small pieces, 1/2 inch or less, so they are safe for children under 5 years of age. Alternate layering yogurt with fruit in a clear glass.

**Tip:** Let children get involved by letting them create their own parfait and cut up fruit with a plastic or dull knife. Children are more willing to try new foods if they help make them.

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**Eat Smart Idaho Class Schedule**

Monday	Tuesday	Wednesday	Thursday	Friday
3 	4	5 <u>Healthy Food Pantry Demo @ Bonner Community Food Bank – 1707 Culvers Dr. – Sandpoint – 11:15 to 1:00</u>	6 <u>MyPlate Nutrition Demo @ Canvas Food Bank – 2200 N. 7<sup>th</sup> St. – CDA – 2:30 to 4:00</u>	7
10 <u>Making Smart Choices When Eating Fast Food @ Latah Recovery Center – 531 S. Main St, Ste. B – Moscow, 4:00 to 5:00</u>	11	12	13	14 <u>Food Safety Nutrition Demo @ J-K Good Samaritan Food Bank – 614 Main St. – Kendrick – 1:00 to 3:00</u>
17	18 <u>Food Safety Nutrition Demo @ CAP Food Bank – 124 New 6<sup>th</sup> St. – Lewiston – 1:00 to 3:00</u>	19 <u>Food Safety Nutrition Demo @ Troy Food Bank – 106 E. 6<sup>th</sup> St. – Troy, 4:00 to 7:00</u>	20 <u>Food Safety Nutrition Demo @ Potlatch Food Bank – 510 Pine St. – Potlatch, 10:00 to 12:00</u>  <u>Healthier Foods Fast Nutrition Demo @ Canvas Food Bank – 2200 N. 7<sup>th</sup> St. – CDA – 2:30 to 4:00</u>	21
24	25	26	27	28
<h1>Happy Holidays!</h1>				

Sources: [https://extension.usu.edu/news\\_sections/home\\_family\\_and\\_food/healthy-holiday-eating](https://extension.usu.edu/news_sections/home_family_and_food/healthy-holiday-eating); <https://food.unl.edu/holiday-fruit-parfait> retrieved 11/30/18

**Eat Smart Idaho offers FREE classes & educational events that can help limited resource individuals & families learn how to eat well for less! Ask for the Nutrition Advisor in your County.**

Kootenai, Benewah & Shoshone 446-1680  
 Bonner & Boundary 263-8511  
 Clearwater, Latah & Nez Perce 883-2267  
 Idaho or Lewis 983-2667



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