



## Healthy Holidays

### HOLIDAY PARTIES

#### Eat, Drink, & Be Merry



Holiday parties are prime for tasty, caloric snacks and sugary cocktails. These can all be detrimental to heart health, and your waistline. To stay on track with your wellness goals, keep these five tips in mind the next time you're invited to a soiree.

Choose heart-healthy red wine. Limit to:



## Holiday Party Survival Guide

**Put it on a plate.** When hors d'oeuvres are passed around it's hard to keep track of what you're consuming and easy to go overboard. Skip the tray and go straight for a small appetizer plate. This will ensure you know exactly how much you are eating.

**Find a mix.** Avoid filling your plate with one food only. Instead, try to balance your plate with lean proteins, heart healthy whole grains and veggies. Still hungry after your first serving? Wait 20 minutes, have a glass of water, and check in with your body before going for seconds.

**Share.** If you're at a sit-down dinner, be mindful of large serving sizes. From appetizers to entrees, most dishes are easily shareable and you'll end up feeling better after.

**Stay hydrated.** If the bartender at the party you're attending is serving sweet, sugary drinks, ask for red wine instead. You can also ask them to modify their signature drink. But most importantly, make sure to drink plenty of water.

**Pace yourself.** Holiday party season is a marathon, not a race, and each one you attend will most likely require a different set of heart-healthy decisions. Be mindful about what you're going to be eating and plan for that.

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