Healthy Holiday Eating

Did you know? The average American eats 4,500 calories and 229 grams of fat during Holiday dinners. After you add in holiday parties, drinks, desserts, late night snacking, and leftovers you can easily add on the holiday weight as well!

Trying to lose weight during the holidays may be a self-defeating goal. Instead of trying to shed pounds, strive to maintain your current weight. Use these helpful tips to help you stay on target this holiday season.

**Party Pre-Game**

Before a big dinner or event, prepare smaller vegetable and protein based meals and snacks to eat before the party. Some ideas include: roasted vegetables and chicken, salad with tofu and beans, carrots and hummus, or peanut butter and banana.

As a Guest...

you don’t have to leave your healthy eating habits at the door.

- Offer to bring a healthy side dish or dessert - turkey meatball appetizer or a pumpkin pie Greek yogurt dip for dessert are great healthy alternatives.
- Do not be afraid to say “No Thanks”
- Use a napkin for appetizers instead of stacking several on a plate
- Bring mints or gum

**Before the Meal**

- Don’t starve yourself before going to parties - have a colorful, vegetable based snack before you arrive
- Fill up on vegetable based appetizers that are loaded with fiber
- Stay hydrated - water or seltzer are your best choices

**At the Table**

Engage in conversations between bites. This will help to slow you down, and really enjoy your meal. Try to leave 20 minutes between going for seconds or eating desserts. Allowing your stomach some time to digest is extremely important and will help you prevent excess bloating.

**Post-Party Activity**

Balance "party calories" with more physical activity. Even though it may be cold outside, adding just 10 minutes of activity can help you maintain a healthy weight.

- Take the stairs instead of the elevator or escalator.
- Spend some time at the gym or take a fitness class
- Take a walk with your pet
- Go sledding or ice skating

**#SimplyHealthyWithSteph**

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To schedule a FREE nutrition counseling appointment, visit: stonybrook.edu/dining/dietitian