

Wellness Articles

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If you would like to be added to the distribution list for these articles, please email: Rebecca.johnson2@albertahealthservices.ca. You will receive a monthly email containing articles for the upcoming four weeks.

An archive of past wellness articles is available at <http://www.albertahealthservices.ca/9966.asp>

Proposed publication date: December 11, 2017

Content provided by: Alberta Health Services – Nutrition and Food Services

Holiday eating tips

During the holiday season, keeping healthy habits up during festive gatherings may need a plan of action. Here are some helpful tips you may want to try.

At home:

- Since you will likely be busier than usual, have convenient healthy food available.
- Buy washed, cut up vegetables and fruit to make it easier to add them to meals or snacks.
- Keeping higher calorie food out of sight may make you less likely to be reminded to eat it. If there are leftovers from a meal, send them home with guests in decorative holiday containers or package up for future meals.
- If you bake for the holidays ahead of time, freeze until serving.

At parties and gatherings:

- Bring a healthier option – grilled shrimp, chicken satay, cut up raw vegetables or a fruit tray.
- Make a plan for each party like focusing on enjoying time with others, choosing smaller portions or sharing desserts.
- Socialize away from the food table.
- Choose lower calorie drinks like virgin Caesars, sugar-free pop or sparkling water.
- Use a smaller plate.
- Fill half your plate with vegetables and fruit.
- Focus on the enjoyment of eating food when eating and eat slowly.

For more healthy eating tips and delicious recipes visit:
<http://www.albertahealthservices.ca/nutrition/page12598.aspx>