

## **Nurses' Nook...holiday eating tips...**

The holidays are quickly approaching and with that comes parties and dinners full of tons of tempting foods and goodies! While we want to watch what we eat, it is unrealistic to stick to a strict diet during the holidays, so here are a few tips from [verywell.com](http://verywell.com) to stay on track to healthy eating everyday and especially during this holiday season!

- Don't skip meals.
- Eat small meals. Eat a bowl of whole grain cereal and low-fat milk for breakfast, a mid-morning snack of raisins and nuts, followed by a healthy lunch with a big salad or a sandwich made with whole grain bread will keep your body and brain fueled throughout the day.
- Eat high-fiber foods before the party. When you have a party to attend, snack on some fiber-filled foods just before you go. Fiber helps you to feel full, and if you aren't feeling so hungry, you might not eat so much at the party. Choose foods that are low in calories, such as a small salad, a plate of veggies, a piece of fresh fruit, or a small bowl of oatmeal.
- Eat small amounts of the foods you love. No one wants to feel deprived, so go ahead and take a small piece of pie or one cookie -- but not both.
- Pace yourself - slow down. When friends and family gather at a meal, the food is usually piled high on most everyone's plate. You wolf down the first plate and pick out more of your favorites to gobble down as second helpings. It takes a few minutes for your brain to realize your stomach is getting full, and you can eat a lot of extra food in those few minutes.
- Drink plenty of water. Many people believe that mild dehydration feels like hunger and the best way to avoid becoming dehydrated to drink plenty of water. You can also use water to slow down your eating by taking a sip or two between bites.

If you do slip up don't beat yourself up for it. Be kind to yourself. Forgive yourself and make sure your next meal or snack is a healthy one.

Have a safe and Happy Holiday Season....

The FLRSD nurses