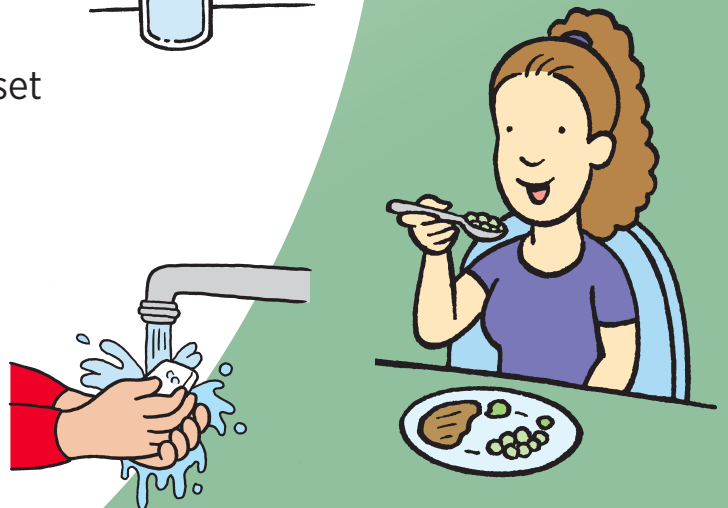
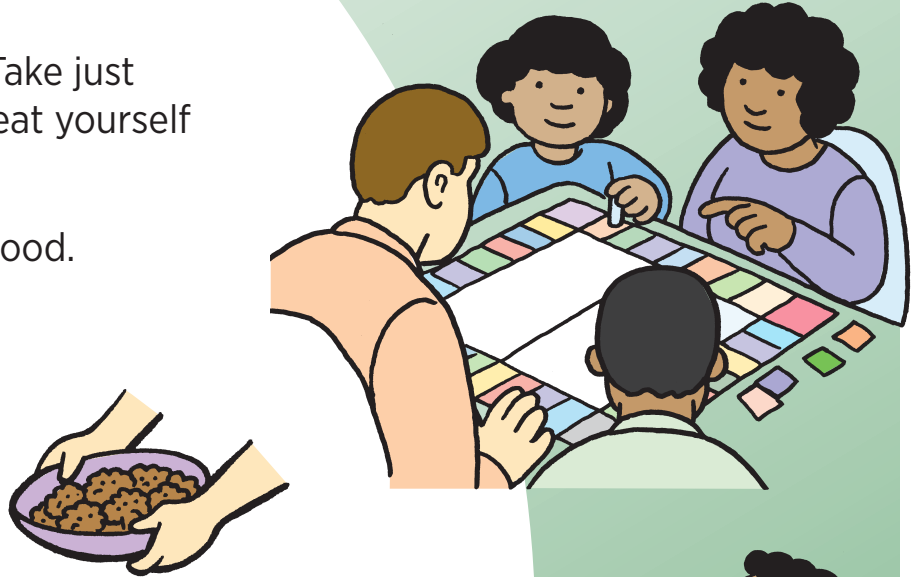


# Tips for Healthy Holiday Eating

1. Have a healthy snack before going to a holiday party. Fruit, cheese, or yogurt can help prevent overeating later.
2. Bring a big, fresh salad or other healthy dish to a potluck.
3. Keep portions under control. Take just a few bites of each food, or treat yourself to just a few splurges.
4. Focus on the people, not the food.
5. Sit away from the food to avoid mindless eating.
6. Say no to food pushers.
7. Eat slowly. Stop when you are full.
8. Drink plenty of water. Avoid too many high-calorie or alcoholic drinks.
9. Don't feel guilty. If you overindulge, just make your next meal healthy.
10. Get moving. Physical activity helps offset the splurges.



## Food safety...

- Wash** your hands, fruits and veggies
- Separate** raw meats from other foods
- Cook** food to the proper temperature
- Chill** foods within two hours