

Healthy Holiday Eating Guide



Your guide to keeping you on track towards your health goals this holiday season

Stick to your normal routine

Stay consistent. Consume your typical meals around the main course for that day. Be sure to not skip meals. Eating balanced meals before the holiday meal event will decrease your chances of overindulging because you arrived too hungry.

Stay Hydrated

Mild dehydration can often be masked as feelings of hunger. Maintaining proper hydration is crucial all year long, including during the holidays. Drink up!

Prioritize Protein

Protein is the most satiating macro-nutrient, allowing you to feel full more quickly and for longer. Ensure good sources of protein like meat, poultry, fish, eggs, and beans make an appearance on your plate at each meal.

Fit in Favorites

Remember to enjoy dishes you really love and look forward to the most. Slow down and savor your favorite foods in a mindful portion.

Keep Active

Physical activity is not only great for your physical health but it can be a great tool to manage holiday stress. Try short 10 minutes walks after meals.

Try a new healthful holiday recipe

Build on traditions by trying a new healthful recipe - LEAF's dietitians are ready to help you find your new favourite . For example this [Quinoa Winter Fruit Salad](#) recipe.