10 Tips for Healthy Holiday Eating

Don’t try to diet during the holidays; try to maintain your current weight.

Pace, don’t race; savor the taste by eating slowly and choosing carefully.

Alcohol is packed with calories; drink in moderation if at all.

Bring low-fat items to parties and stay clear of buffets.

Continue your regular exercise program to reduce the stress and burn off the extra calories.

Don’t attend parties or events on an empty stomach; bulk up on fiber beforehand.

Keep the portion size under control unless healthy foods such as fruits and vegetables.

Fast food may tempt you, but preparing healthy meals and freezing them is best.

Serve low-fat versions of your family’s favorite traditional dishes at holiday parties in your home.

Make healthy decisions about what you are going to eat; increase your fruit and vegetable consumption.

http://www.webmd.com/content/article/53/61351.htm