



Nutrition Tips for the Holidays

- Take small portions of a variety of foods to avoid feeling deprived of any favorite holiday item
- Use lower fat ingredients in recipes to make them more nutritious
- Don't avoid eating all day for one big meal- instead, eat small meals and snacks throughout the day using a variety of foods.
 - Remember how good those left-overs taste!
- If it is not in the house, you can't eat it!
 - Enjoy homemade goodies when visiting friends and relatives and avoid purchasing extra sweets and high calorie items you don't usually have at home.
- Limit your intake of fluids, other than water, as they are usually high in calories and will add large amounts of "empty calories" to your holiday feasts.

Have a Happy and Nutritious Holiday Season!

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