



American Heart Association.
Healthy for Good™

EAT SMART MONTH

Stay Smart This Holiday Season

'Tis the season of holiday parties and special events. The festive atmosphere and free food and drinks can make it very tempting to forsake your healthy eating plan! Try these tips to celebrate the season without overdoing it.

- Keep portions in check. Put less on your plate and pass on that second helping. Split appetizers, entrees and desserts with others. Use a smaller plate when possible so a small serving will look like more.
- Bring a dish. If the event is a potluck (or even if not), offer to contribute a lighter option. That way, you'll have at least one healthy choice.
- Go easy. Avoid loading up on foods that are fried, buttered or have a lot of cheese or cream. Look for fruit, veggies and dip, whole grains and baked or grilled items.
- Be prepared. Have a healthy, high-protein, high-fiber meal or snack before you go to the event. If you're not hungry it will be easier to avoid overeating.
- Go slow if you drink alcohol. Drinking plenty of water between drinks will quench your thirst and fill you up so you'll be less likely to overindulge.
- Treat yourself. Try bite-sized tastes or split portions of desserts, candy and other treats. Let yourself enjoy some of the indulgences of the season without overdoing it.
- Balance is the key. For example, if dinner is going to be a feast, opt for a lighter lunch.
- Eat smart at holiday events. They often serve up extra helpings of less-than-healthy foods. If you're a guest, eat a healthy snack before you go. If you're the host, challenge yourself to offer some delicious healthier options using our recipes and cooking tips.



Find recipes, cooking tips and more at heart.org/HealthyforGood.