



Healthy Holiday Tips

Cakes, pies, cookies—the holidays are approaching and that means food will be the centerpiece of most of our gatherings. With the rise of obesity in children, parents need to not only watch what they eat, but also monitor the eating habits of their children, as well.

There are a number of things that you can do as a family to promote a healthy lifestyle this holiday season:

- **Change the way you prepare food**
Lower the amount of fat in your recipes by using skim milk instead of whole milk or by using egg whites/egg substitutes in place of a whole egg. Reduce the amount of refined sugars by using more fresh fruit in place of canned fruit or sugar.
- **Balance the foods you select**
Select an appropriate balance of protein, vegetables, fruits, breads and healthy fats, such as olive oil. It's okay to have desserts occasionally, but make sure that you limit the size of your portions and reduce the amount of fats and sugar in your desserts.
- **Take your time**
Eat slowly without distractions (such as the television) and savor the flavor of your food. It takes about 20 minutes for your brain to send the signal that you have had enough to eat.
- **Be active**
Try to build 30 minutes of moderate intensity physical activity into your day and allow kids to accumulate at least 60 minutes and up to several hours of age-appropriate physical activity each day. Following the meal, take the family out for a walk, hike, or play active games together as family.