

Health Tip of the Month



Healthy Eating for the Holidays

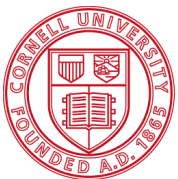
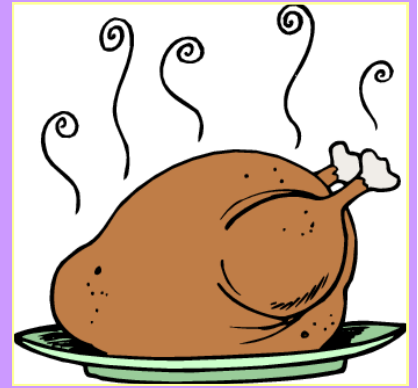
How can you make sure the turkey is the only one stuffed for the holidays?

First, focus on people, not food. Show interest and make friends.

Second, plan before you eat at a party. Check out the food choices offered and sample the food in small amounts to avoid eating too much.

Quick tips

- Eat an apple so you don't go to parties with an empty stomach.
- Use a small plate.
- Drink water instead of soda.
- Eat less fried food.
- Chew slowly. Enjoy the taste of your meal.
- Choose fruits and vegetables more often.
- Share your portion or take leftovers home.



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Worksite Wellness Initiative: brought to you by Xiaomeng Li, Dietetic Intern
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