

TIPS TO HELP YOU EAT BETTER DURING THE HOLIDAYS



The holiday season is often filled with indulgent meals and treats, but maintaining healthy eating habits can help you feel your best. Here are some tips to enjoy holiday foods while keeping your nutrition on track:

Plan Ahead

- **Balanced Meals:** Aim to include a variety of food groups in your meals—vegetables, fruits, lean proteins, whole grains, and healthy fats.
- **Healthy Snacks:** Keep healthy snacks like nuts, fruits, and yogurt on hand to curb hunger and reduce the temptation to overindulge in sweets.

Mindful Eating

- **Portion Control:** Serve yourself smaller portions to enjoy your favorite holiday foods without overeating.
- **Eat Slowly:** Take your time to savor each bite, which can help you feel more satisfied with less food.
- **Listen to Your Body:** Pay attention to hunger and fullness cues, and avoid eating out of boredom or stress.

Smart Choices at Gatherings

- **Fill Up on Veggies:** Start with a salad or vegetable dish to fill up on fiber and nutrients before moving on to richer foods.
- **Choose Wisely:** Select your favorite treats and skip the ones that don't excite you. Prioritize quality over quantity.
- **Stay Hydrated:** Drink plenty of water throughout the day to stay hydrated and help control your appetite.

WE CAN HELP.

Our hospital-based outpatient program is designed to meet the unique needs of older adults experiencing depression and/or anxiety related to life changes that are often associated with aging or a chronic diagnosis. Anyone can make a referral to our program, including self-referrals, provider referrals, or community consultations.

Call us today at