Healthy Tips
Tips for Holiday Eating

Be buffet savvy. At a buffet, wander 'round the food table before putting anything on your plate. By checking out all of your options, you might be less inclined to pile on items one after another.

Distance helps the heart stay healthy. At a party, don’t stand next to the food table. That makes it harder to mindlessly reach for food as you talk. If you know you are prone to recreational eating, pop a mint or gum so you won’t keep reaching for the chips.

Take 10 before taking seconds. It takes a few minutes for your stomach’s “I’m getting full” signal to get to your brain. After finishing your first helping, take a 10-minute break. Make conversation. Drink some water. Then recheck your appetite. You might realize you are full, or want only a small portion of seconds.

Don't shop hungry. Eat before you go shopping so the scent of Cinnabons or caramel corn doesn’t tempt you to gobble treats you don’t need.

Stress During the Holidays:
Tips for Coping
Dec. 13th @ 12:00-1:00 in the HRC Bldg. Room 322
Dec. 14th @ 12:00-1:00 in the Health Dept. Activity Room