

Wishing you health and happiness this holiday season!



Healthy Eating for the Holidays

The holidays are a great time for celebrating. With a little thought and planning, you can enjoy all they have to offer while keeping nutrition and wellness in mind.

Bring a healthy dish to holiday gatherings.

The party host will be grateful for the help and guests will appreciate a healthier menu option.

Make fruits and vegetables the star.

Make fruits and vegetables the center of attention at holiday meals and fill half of your plate with fruits and vegetables.

Avoid sugary drinks.

Choose water and unsweetened drinks like tea instead of sugary drinks such as eggnog or cider. Sugary drinks are full of unnecessary extra calories.

Simple swaps.

You can reduce extra calories without sacrificing taste by swapping ingredients in your favorite family recipes.

- Substitute applesauce, mashed bananas, or canned pumpkin for oil, margarine, or butter in muffins or quick breads.
- Try low-fat yogurt in place of sour cream and low-fat cream cheese in place of regular cream cheese.
- Use whole-wheat flour as a substitute for white flour when baking.

Choose indulgences wisely.

When you choose to indulge, choose foods that are unique and special to the season. Don't waste calories on store-bought cookies or foods you can have any time of year.

Get up and get active.

When's the last time you built a snowman? Bundle up and spend a little time outside playing. Weather not cooperating? Play a fun, family game indoors like charades or activity bingo!

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