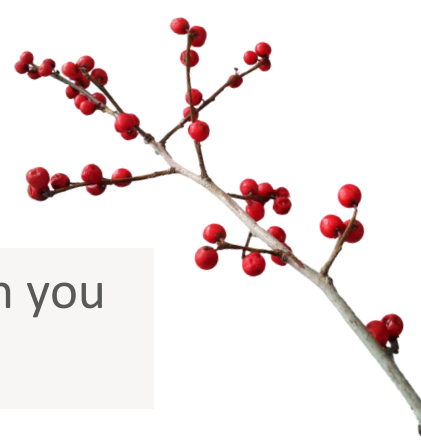


# Balanced Eating at Holiday Parties



Here are some balanced eating habits to have when you are at holiday parties and family gatherings:

1

**Eat a well-balanced breakfast and lunch during the day.** Skipping meals is a bad idea because you will get too hungry and overeat at the party. Be sure to eat a good breakfast and lunch.

2

**Eat a balanced meal before you go to the party.** Eat a meal that is high in fiber and protein, such as a baked potato with beans, olives, tomatoes, broccoli, and 1/4 cup shredded cheese. This will help prevent you from overeating at the party.

3

**Limit or avoid drinking alcohol.** Alcohol can affect your judgment on choosing foods and is high in calories without nutrients. Daily recommendations are up to 1 drink per day for women and up to 2 drinks per day for men.

4

**Bring a dish to share.** Offer to bring a dish to the party or gathering. Make a large salad, a veggie platter, or another healthy dish.

5

**Eat a large portion of salad first.** Grab a large plate of salad or raw veggies first. Then use a smaller plate to enjoy a few of your favorite foods. Just remember to stick to smaller portions.

6

**Catch up with friends.** Focus on meeting new people and chatting with friends and family instead of focusing on the food table.

