

Dr. Bethune's Healthy Eating Through the Holidays

1. Don't put all of your emphasis on food. Remember that the holidays are for family, friends, faith, and fun!
2. Feel free to have one serving of dessert on the holiday you celebrate. But then STOP! If you must have two different desserts find someone to split both of them with or take smaller pieces.
3. Try to eat the same size portions that you normally would instead of piling your plate high. Remember that your stomach is about the size of your fist.
4. If it is a dish you can get all year, skip it and focus on the special holiday foods.
5. When you are not at an event, take this time to make healthier choices.
6. At a party, hit the vegetable tray early to fill up a bit before you sit down for the main meal.
7. Share indulgent leftovers with others instead of eating them yourself the rest of the week.
8. If you can't monitor yourself, use the buddy system. If you can't find a willing partner, put your fork down and take a breath and laugh with your loved ones.
9. Get up and go for a walk after dinner or play football or tag with your family while it is still light out.
10. Try not to obsess. If you over indulge, then make a commitment to eat healthier the next day.

Dr. Stephanie Bethune, Naturopathic Physician

Stonington Natural Health Center • 107 Wilcox Road • Stonington, CT 06378 • 860.536.3880

