

HARC's Guide on HEALTHY HOLIDAYS TIPS & TRICKS

As the year comes to an end and we enjoy the upcoming holidays, it is easy to forget about our health and wellbeing. To help you and your loved ones stay healthy, HARC created the following infographic with tips and tricks for a healthy holiday season. HARC thanks you for your support this year and wishes you a happy holiday season.



TIP: FIND WAYS TO MOVE YOUR BODY¹

Exercise is great for your body and can relieve any holiday stress. It may be harder to work out during the holiday season, but it is still important to move your body. You may opt for a walk after dinner which also helps with digestion. Or play some music with your family and put on your dance shoes.

TIP: INCLUDE VEGETABLES IN YOUR MEALS^{1,2}

There are several ways to include more vegetables to your meals. One tip to balance your meals would be to serve yourself vegetables first, like a salad or vegetable-based appetizer. If you're cooking for your family, think of items such as roasted asparagus or roasted carrots or sweet potatoes. Lastly, you can also sneak in fruits and veggies into your holiday cookies such as [banana oatmeal cookies](#) or [carrot cake cookies](#).



TIP: TAKE MEASURES TO PREVENT THE FLU AND STAY HEALTHY³



To prevent the flu this season, the CDC recommends a yearly flu vaccine. Other preventative actions include:

- avoiding close contact with people who are sick
- covering your nose and mouth when you cough or sneeze
- washing your hands often with soap and water
- cleaning and disinfecting surfaces and objects that may be contaminated

TIP: TRY GOING TO BED CLOSE TO YOUR USUAL TIME¹

With parties and family in town, it may be challenging to stick to our regular sleeping hours. However, studies have shown that irregular sleep can lead to fatigue and poor eating habits. Try going to bed as close to your usual times and waking up around the time you usually wake up too.



TIP: SCHEDULE TIME FOR YOURSELF¹

The holidays can be full of activities and events with friends and family. Although this is fun, at the same time, it can also be draining and stressful. This is why it is important to take time for yourself and go for a walk, read a book, meditate, or just spend time by yourself to recharge.



TIP: MAKE HEALTHY MODIFICATIONS TO YOUR FAVORITE DISHES¹



Eating healthy during the holidays does not mean giving up your favorite dishes. With some simple modifications or ingredient substitutions, you can make your dishes healthier. For example, you can use less butter, substitute mayonnaise for yogurt, and bake instead of deep frying. Below are some examples of healthy alternatives to some of our favorite holiday dishes.

EXAMPLES OF HEALTHY DISH SUBSTITUTIONS



Deviled Eggs

For a healthier deviled eggs recipe, use greek yogurt instead of mayonnaise.



Mashed Potatoes

Since potatoes are high in vitamin A, potassium and fiber, mashed potatoes can be healthy, if you use less butter and cream.



Tamales

For a healthier tamales recipe, substitute lard with a light oil such as safflower oil.



Alternatively, instead of mashed potatoes, you may consider making mashed carrots, mashed sweet potatoes, or mashed cauliflower.



Whole-grain bread

Swap out white bread for whole-grain bread in your stuffing recipe to make it healthier while keeping the same flavor you love.



Pumpkin Pie

Instead of pecan pie, have pumpkin pie, which can cut the calories and sugar by a third.

BONUS TIP: BE KIND TO YOURSELF

The holidays are a time to enjoy with friends, family and loved ones. Don't be too hard on yourself if you have an extra treat. At the end of the day, although eating healthy may be difficult during the holidays, remember that it is all about eating in moderation and balancing your meals. Balancing sweet treats with healthy snacks, sleep, and exercise will keep your body feeling good.

Sources:

1. <https://www.healthline.com/health/healthy-holiday#tips-and-tricks>
2. <https://www.usda.gov/media/blog/2020/12/09/five-healthy-eating-tips-holidays>
3. <https://www.cdc.gov/flu/prevent/prevention.htm>

For more data and resources, please visit: HARCdata.org

