

Pre-holiday resolutions

The holiday season is just around the corner. Before you get excited about indulging in various holiday foods, you may want to make a few pre-holiday resolutions so that you can maintain your healthy eating and active lifestyle habits into the New Year.

Here is some food for thought:

Always have breakfast

Breakfast gives you a kick start to your metabolism. By having breakfast you are controlling the amount of food you will have for the rest of the day so that you will not overeat at the next meal. A healthy and balanced breakfast consists of at least three of the four food groups from [Canada's Food Guide](#).

Do not skip meals

The key to maintaining your weight during the holiday season is to keep to your regular mealtime schedule with perhaps the meal before the party being a little lighter than usual. Going to a party starving will set you up for overeating.

Watch out for the party foods that you nibble

It is easy to overindulge in finger foods and munchies at holiday parties, especially when you are having a good time. Watch out for foods that are high in fat and calories, such as deep-fried chicken strips, breaded shrimp, sausage rolls, chips, cheese and crackers. Balance out your nibbles with healthier options such as vegetable sticks, fruit, shrimp cocktail, or baked tortilla chips and salsa.

Choose wisely when you are eating out

Look at the menu and see what options are available. Look for words such as steamed, baked, broiled, roasted or poached, which are the healthier options where food is prepared with less fat. You can also make special requests by asking the server to put the toppings and sauces on the side or ask for a side salad instead of French fries.

Be mindful of your food portions

A little of this and a little of that adds up to a lot! Be mindful of the amount of food you are eating and keep an eye on your portions. When eating out, you can share half of your meal with a family member or a friend. At some restaurants, you can also ask for half portions.

Watch your fluids

At holiday parties, alcoholic drinks are likely available. Keep alcohol intake recommendations in mind: two drinks per day for men and one drink per day for women. You can also alternate your beverage choices by having an alcoholic drink followed by a non-alcoholic drink, such as water, sparkling water and fruit and vegetable juices, or vice versa.

Do not forget about physical activity during the holidays

It is never too late to start your resolutions. To maintain a healthy body weight during the holidays, it is wise to incorporate physical activity into your day. After a delicious meal, enjoy a walk to curb your appetite.

For more information:

[Put an End to Portion Distortion](#)

Do you have questions on nutrition and healthy eating? Contact *EatRight Ontario* at 1-877-510-5102 to speak to a Registered Dietitian.