



*Healthy Holiday Nutrition Tips
From The Fertility Center of Las Vegas
Registered Dietitian*

1. Do not skip meals during the holidays. Have a light meal before a party. Some good choices would be a mug of vegetable soup, a bowl of whole grain cereal, or a bowl of yogurt topped with fresh fruit.
2. Limit alcohol. Choose your drink wisely. Less mixers, less calories and sugar. Alternate with club soda, diet soda, or water with a slice of lemon or lime.
3. Offer to bring a holiday dish that you have prepared. One that is low fat and full of lean protein and/or vegetables.
4. Watch out for holiday baking. Limit yourself to a few of your favorites and keep the portion small. Give your baked goods as gifts to avoid them hanging around at home and tempting you.
5. Start holiday meals with salads or fresh fruit. Fill half of your dinner plate with vegetables.
6. Modify your recipes by adding more healthful ingredients. Sauté vegetables in olive oil instead of butter. Use half whole grain flour in baked recipes, use less salt and substitute fresh herbs. Remove skin from turkey to lower saturated fat content.
7. Setting a goal of *not gaining weight* during the holidays instead of battling to lose weight. This is more realistic and allows you to enjoy the holidays.

8. Don't look at the holidays as a 6-week vacation from healthy eating. The holidays are only 3 days in the season (Thanksgiving, Christmas or Hanukkah or Kwanzaa, and New Year's). If you only splurge on those 3 days instead of the entire 6-week period, you will maintain your weight and health.
9. Plan holiday activities that incorporate activity. Take a walk with the family after Thanksgiving, walk through a neighborhood with Christmas lights, sign up for a holiday 5K walk or run.
10. Remember what the Season is all about. Enjoying time with your family and friends, and being thankful for your health. Use this opportunity to re-energize for the coming New Year.

By Lory Hayon B.S., R.D.



Holiday Recipe

HOT APPLE CIDER

1/2 gallon apple cider
1/2 gallon cranberry juice
6 whole cloves
2 cinnamon sticks
1 c. sugar

Combine all ingredients in a large pot on top of stove or in crock pot.
Simmer until warm and sugar dissolves. Serve warm and enjoy.