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Enjoy a Healthy Holiday Season
Maintaining Routine

- Medication
- Meals
- Exercise
- Sleep
- Stress
- Party!
Medication

❯ Take medication at prescribed time

◉ Carry extra medication with you

◉ Use reminders to take medication if needed
Meals

- Eat regular meals
- Eat as close to regular meal time as possible
Meals

- Maintain balanced meals
  - Plan meals heavy in nutrition
  - Four to six servings of non-starchy vegetables each day
  - Two to three servings of fruit each day
  - Eat a Rainbow
Meals

- Maintain balanced meals
  - Plan meals to divide carbohydrates equally throughout the day
  - High Carbohydrate foods are:
    - Grains
    - Starchy vegetables
    - Fruit
    - Milk and yogurt
Meals

Maintain balanced meals

- Limit protein foods to 7 ounces a day

- Protein foods are:
  - Meat (beef, pork, chicken, turkey)
  - Fish
  - Cheese
  - Peanut butter
Meals

Maintain balanced meals

- Healthy fats (5 servings or less a day)

Healthy fats are:
- Avocado
- Nuts
- Oils (olive, canola, corn)
- Olives
Meals

 Maintain balanced meals

 Limit unhealthy fats (animal)

 Unhealthy fats are:
  - Bacon
  - Butter
  - Sour cream/cream cheese
  - Coconut
  - Palm oil
Recreate Your Favorite Dishes

Sugar

- Reduce sugar by $\frac{1}{4}$ to $\frac{1}{3}$ in baked dishes (desserts)

- Substitute
  
  $1$ cup of sugar = $\frac{1}{2}$ cup of sugar and $\frac{1}{2}$ cup sugar substitute

- Check label of sugar substitute for suggested uses and using with heat
Recreate Your Favorite Dishes

Fat

- Reduce fat by ¼ 1/4 to 1/3 in baked dishes
- Use spray oil to lightly coat skillets and baking dishes
- Sauté using fat free broth instead of oil
Recreate Your Favorite Dishes

Salt

- Reduce salt (sodium) by 1/2 or just do not use it
- Read labels and choose foods low in sodium
- Remember to use salt in dishes that have yeast
Recipe Exchanges

Nutrition and exchange information

Nutrition information
- Total fat – every 5 grams of fat equals 1 serving of fat
- Total Carbohydrates – every 15 grams of carbohydrates equals 1 serving of carbohydrates

Exchange information
- Carbohydrates (fruit, starchy vegetables, grains, milk and other carbohydrates)
- Meat 1 serving equals 1 ounce meat
- Fats
Recipe Exchanges

How would you count these:

- 1 Fruit, 1 Milk, 1 High fat meat, 1 Fat

- 2 Starches, 6 Fats, 1 Other carbohydrate

- 3 Medium fat meat, 2 Fat
Exercise

- Maintain regular exercise schedule
  - If exercise is not a part of your daily schedule - Add it!
  - Exercise uses up extra carbohydrates and decreases stress
  - Exercise goal is 30 minutes every day
Sleep

Maintain regular sleep schedule

8 hours a night is recommended
Stress

Plan your day to fit the hours in the day
- Plan sleeping
- Plan eating
- Plan exercising
- Plan for other obligations

“NO” can be the best response
- Be respectful of your and other’s alone time

Plan time for yourself each day
EAT, drink and be merry

- Have a healthy snack before you go to a party
- Take a “healthy” dish to the party
- Scan available food for best choices
- Eat small portions and be selective
- Stand across the room from the food
- Avoid second helpings
eat, DRINK and be merry

- Choose low sugar beverages (water, tea, diet drinks)
- Beware of juice and punch
- Use lemon, lime or orange slices to add flavor to water
eat, DRINK and be merry

Healthy tips for alcohol use

- Recommended amount is no more than 1 drink for women and 2 for men.

- One drink is:
  - 4 ounces of wine
  - 12 ounces of beer
  - 1 ounce of hard liquor

- Choose diet or low sugar mixers

- Always eat something before you drink alcohol (alcohol on an empty stomach may cause low blood sugar)
eat, drink and BE MERRY

♫ Make the focus of holiday gatherings about time with family and friends

PARTY HARDY & HEALTHY!