

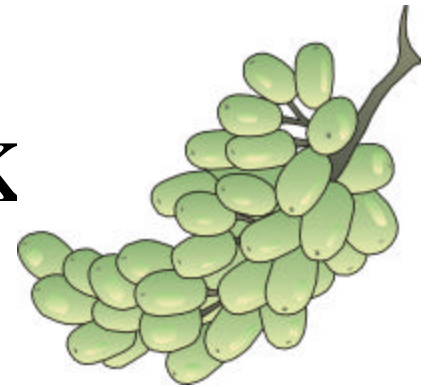
Healthy

Holiday

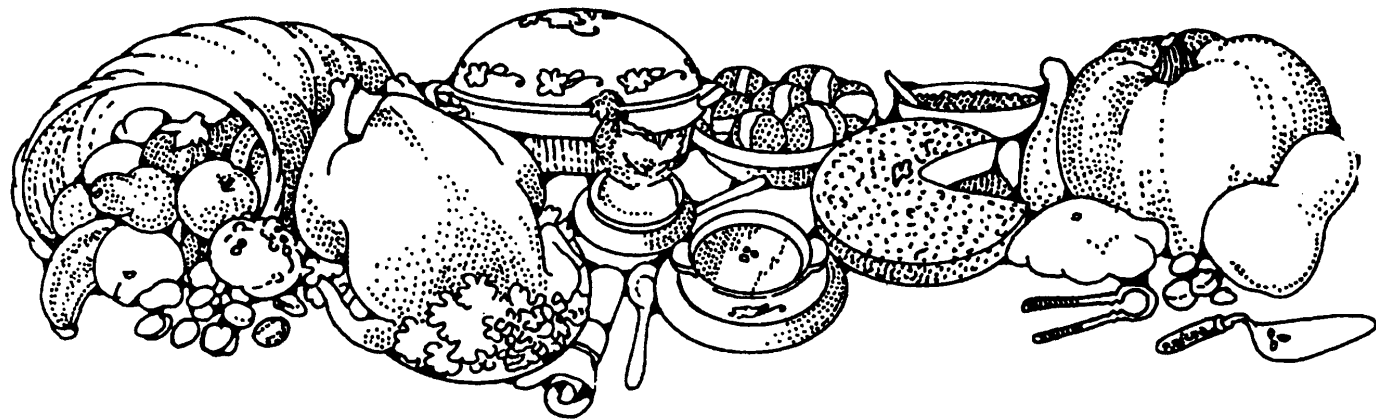
Eating

Serve Some Lower Calorie Food Choices

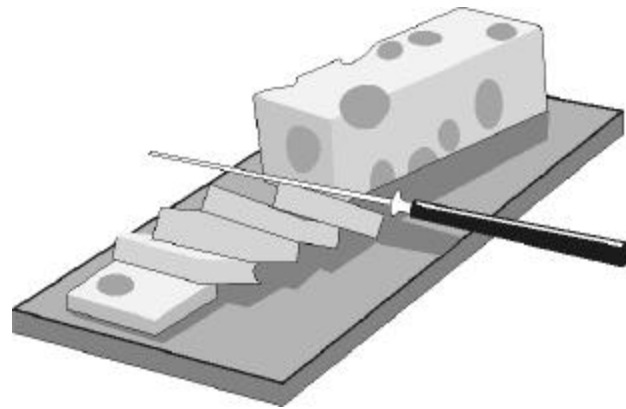
- ❖ Fruit for dessert
- ❖ Raw veggies for snack
- ❖ Serve low fat dips



**DO NOT SKIP
BREAKFAST**
the morning of your
holiday feast!



Keep Portion Sizes
Small Especially
When There Are
Many Food Choices.



Freeze Holiday Food
Gifts And Enjoy
Them After The
Holidays.



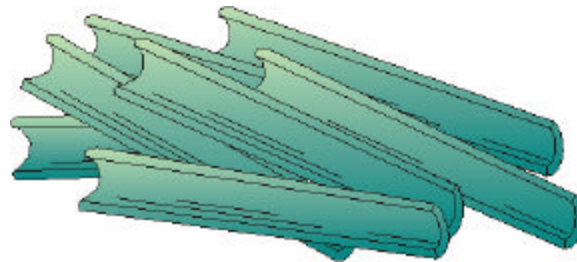
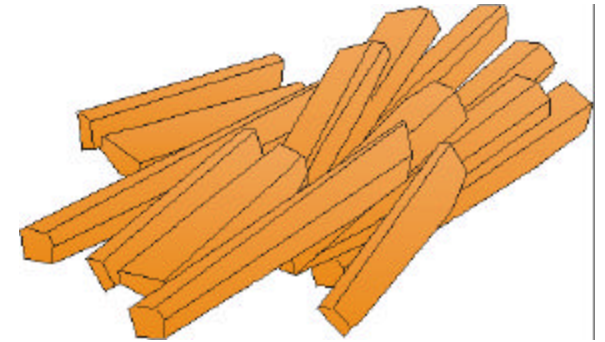
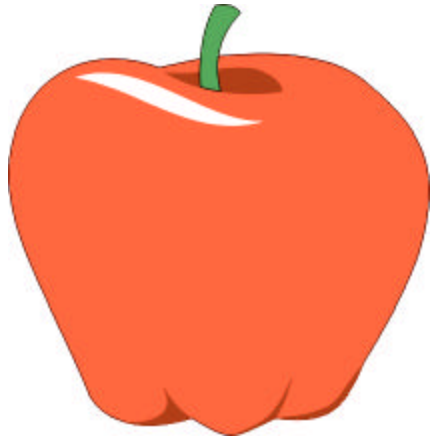
Snack On

Fruits

&

Vegetables

Between Meals.





Stay Active During the Holidays!

