



## How Can You Stay Healthy During the Holidays?

**We may be tempted to overeat during the holiday season. So many delicious dishes are at our fingertips. But remembering to eat nutritious foods during this time can help keep us on track for staying healthy.**

**Here are some tips for eating healthy during the holidays:**

- Start your day off with a healthy breakfast.
- Be smart about seasonal beverages. Read labels and check for added sugar and fat.
- Volunteer to bring a healthy dish to your next holiday event.
- Try to fill your plate with healthy options such as fruits, vegetables, whole grains and lean proteins.
- Pick your splurges. You can still enjoy the drinks and foods you love during the holidays by being mindful of portions.
- Applesauce is a 1:1 replacement for cooking oil. This trick works for baked goods like cakes, cookies, and muffins.
- Stay physically active – make it a new holiday tradition to do something outdoors with friends or family.

# Make traditions healthy with these holiday swaps:

SWAP THIS:



Ham

FOR THIS:



Turkey



Pecan Pie



Pumpkin Pie



Canned Cranberries



Fresh Cranberries



Mashed Potatoes



Sweet Potatoes



Canola Oil



Applesauce



## Turkey<sup>1</sup>

- Good source of vitamin B3, B6 and B12
- Rich in selenium, zinc, phosphorus and iron

## Popular Holiday Vegetable: Sweet Potatoes<sup>2</sup>

- High in fiber and antioxidants protecting a healthy gut and brain
- Rich in beta carotene to support good vision and immune system

## Healthy Dessert: Pumpkin Pie<sup>3</sup>

- Pumpkins have vitamin A, C, protein, carbs, fiber, potassium and fats
- Boosts immunity
- Can help regulate blood sugar

For more health and wellness information, please visit the HealthSelect website at [healthselectoftexas.com](http://healthselectoftexas.com).

1. Source: [bbcgoodfood.com/howto/guide/top-5-health-benefits-of-turkey](http://bbcgoodfood.com/howto/guide/top-5-health-benefits-of-turkey)

2. Source: [healthline.com/nutrition/sweet-potato-benefits#bottom-line](http://healthline.com/nutrition/sweet-potato-benefits#bottom-line)

3. Source: [factly.com/food/nutrition/8-health-benefits-of-pumpkin](http://factly.com/food/nutrition/8-health-benefits-of-pumpkin)

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