



## HEALTHY HOLIDAY TIPS

### **Tips for deSTRESSing your Holiday Season:**

- Try to keep household routines the same by sticking to usual sleep and mealtimes.
- Take care of yourself both mentally and physically. Children and adolescents are affected by the emotional well-being of their parents or caregivers.
- Make a plan to focus on one thing at a time. Try a few ideas to balance the hustle and bustle of things like shopping, cooking, and family get-togethers during the holidays.
- Remember that many children and adults experience a sense of loss, sadness or isolation during the holidays.
- Don't feel pressured to over-spend on gifts!
- Most important of all, enjoy the holidays for what they are... time to enjoy with your family.



### **Tips for Eating Health this Holiday Season:**

As parents, we have the unique role of guiding how our children eat. Since parents do the majority of the grocery shopping and cooking for the household, below are some tips for you when making decisions for your child's diet.

#### **Count calories, not just fat.**

Despite the increased emphasis on fat content, the mathematics of weight loss and weight gain remains unchanged: Take in more energy than you expend, and the balance gets stored as body fat, regardless of whether the calories came primarily from fat, protein or carbohydrate. The same guidelines that help adults cut back on calories will work for their children.

**Monitor portion size.**

As the fat content of many foods has gone down, portion sizes have been growing steadily larger without anyone seeming to notice. Today's "supersized" order of french-fries would have fed three hungry teens when you were a kid!

**Eat slowly, eat less.**

Youngsters will feel more satiated if they eat at a leisurely pace, take smaller bites and chew their food thoroughly, and swallow one mouthful at a time. Warm foods, too, tend to be more filling than cold items.

**Learn to read the nutrition facts labels.**

Direct your teenager's attention to serving sizes, the number of servings per package, and the number of calories per serving.

**Add fiber to meals.**

Vegetables, fruits, grains and other fibrous foods are filling yet low in calories.

**Drink ice water instead of soft drinks**, which make up 8 percent of the average youngster's daily caloric intake.

**Snack healthfully.**

All teenagers snack to some degree; it is unrealistic to completely eliminate that aspect of their eating habits. However, keeping a supply of low-calorie snack food in the house will help in this area.

**Scale back on fast foods.**

An adolescent can squander an entire day's calories on a single fast-food meal.

**Allow for occasional indulgences.**

For a teenager to decide that she's never going to eat sweets or fatty foods again is unrealistic. Those foods can be permitted every so often, like for special occasions or eating out at a restaurant.