



Maintain, No Gain!

Healthy Holiday Challenge

Week 2: Control portions, and add fruits and vegetables to your holiday meal



Welcome to week 2! Now that you've tried to eat a healthy meal before heading out to a holiday party, it's time to build from there.

Complete this week's challenge

- Continue to monitor what you eat over the holidays while focusing on controlling portion size and adding fruits and vegetables into your holiday meals.
- Keep track of what you eat in your Food and Physical Activity Log.

The importance of portion control

A portion is how much food you eat in a sitting, for a meal, or snack. You've probably heard it over and over: the key to a healthy diet and a healthy weight is portion control. If you eat smaller portions, you will consume less throughout the day. However, this can be a challenge during the holiday season because you are often presented with the big, tasty family meals that aren't always kind to your waist line.

Tips for portion control

At home:

- Use smaller dishes. Use a 9-inch plate instead of an 11- or 12-inch plate.
- Check out all of the available food choices before deciding what to put on your plate.
- Don't keep serving platters of food on the table. Instead, put food on a plate before bringing it to the table.

At restaurants:

- Ask for half or smaller portions and a take-home container when your meal is served. Then, pack half of your meal to go.
- Resist all the extras, or ask for them to be served on the side.
- If you're having dessert, share.

The importance of eating more fruits and vegetables during the holiday season

Almost everyone needs to eat more fruits and vegetables. A growing body of research indicates that fruits and vegetables play a critical part in optimal health. They're even more critical during the holiday season because most holiday parties offer a multitude of desserts, calorie-heavy appetizers, and nutrient-deficient snacks and chips.

Tips for incorporating more fruits and vegetables

- Determine the ideal number of fruits and vegetables you should have in a day.
- A great way to add to your healthy meal is to pair it with a piece of fruit.
- Eat fruits and vegetables as a snack at home, on your way to a holiday party, or on the go.
- For more tips on how to incorporate more fruits and veggies into your diet, visit:
www.fruitsandveggiesmatter.gov/tips/index.html
www.fruitsandveggiesmorematters.org



Disclaimer: As with any nutrition and/or exercise program, consult your doctor before beginning, especially if you have a sedentary lifestyle or a health condition that requires special consideration.

Sources: webmd.com, choosemyplate.gov