



# Maintain, No Gain!

## Healthy Holiday Challenge

### Week 5: Eat healthy lunches and snacks throughout the holidays

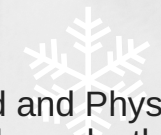


Over the next couple of weeks, we want to make sure you remember what you've learned and that you're putting it into practice. We'll be taking some of the healthy eating habits that we've already worked on and incorporating them into this week's challenge. But don't forget to exercise! Try to keep moving all week long.



#### Complete this week's challenge

- Make healthy food and drink choices for lunch and snacks.
- Each day write what you ate and drank for lunch and snacks in your Food and Physical Activity Log. How well do you think you did on eating healthy lunches and snacks this week? What would you do differently next week?
- At the end of the week, answer the questions on the back of your Food and Physical Activity Log.



#### The importance of eating a healthy lunch

Healthy, balanced eating habits provide your body with essential nutrients. Nutrients give you the energy you need, and keep your heart beating, your brain active, and your muscles working. Having a lot of holiday leftovers or snacks around can make it difficult to have a healthy lunch or snacks but these tips should help.



#### Tips for eating healthy holiday lunches:

- Pack your lunch. This gives you more control over your food choices.
- Review nutrition information on the food label, and remember to watch your portion sizes.
- Choose whole-wheat bread (or roll or wrap) for sandwiches.
- Brighten up your leftovers by adding fresh fruits and vegetables.
- Use a small amount of gravy from holiday leftovers — a little goes a long way.

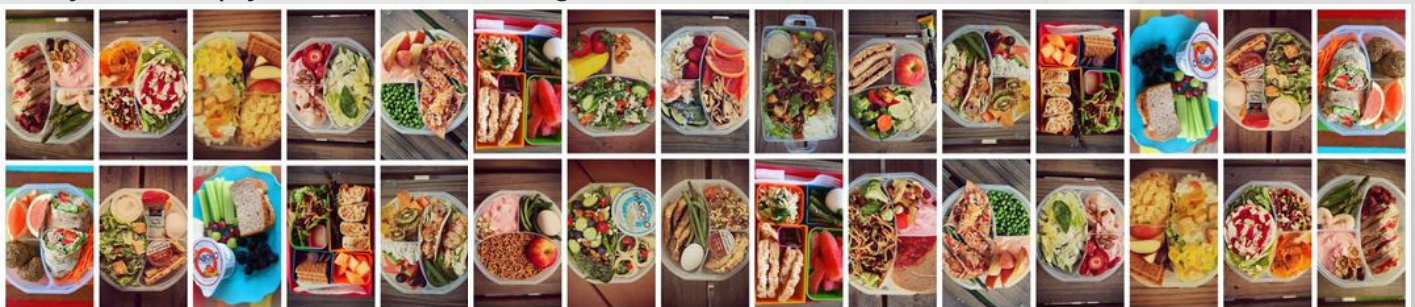


#### Quick and easy lunch ideas:

- Salads with vegetables and lean protein with a vinaigrette dressing on the side
- Sandwiches on whole-wheat bread (or roll or wrap) with veggies and lean protein
- Thin-crust pizza topped with roasted vegetables

#### The importance of eating healthy snacks

Healthy snacks are a great way to satisfy that between-meal hunger and get all the vitamins and nutrients your body needs. Smart snacking will help keep you going until your next meal. It may also help you avoid overeating at lunch and dinner.



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](http://webmd.com), [choosemyplate.gov](http://choosemyplate.gov)

