



# Maintain, No Gain!

## Healthy Holiday Challenge

### Week 6: Choose a healthy meal when dining out during the holiday season

You've reached the final week! We hope you've enjoyed the program. Finishing all six weeks of the Maintain, No Gain! Healthy Holiday Challenge is a huge accomplishment. But remember, the program does not stop with the end of the holiday season. It's important to practice good eating habits all year-round!

#### Complete this week's challenge

- Eat at a restaurant or fast-food place and choose a healthy meal on the menu.
- Track what you ate at the restaurant — along with all of your other meals — in your Food and Physical Activity Log.

#### The importance of eating a healthy meal

With all the hustle and bustle of the holiday season, it's common to eat out at restaurants. But eating healthy and dining out don't have to be mutually exclusive. In fact, it's probably easier than you think. Most places offer healthy options that are also tasty, like grilled chicken or salads. Remember to use a low-calorie salad dressing and ask for it on the side. Choose a healthy dish over items that may look good on the menu but aren't as healthy.

Plan ahead, and think about where you will eat. Look for places that offer healthy menu options. Many restaurant menus have a special symbol or section to identify the healthier choices. Some fast-food places and restaurants have websites with nutrition information about their menu items so you can review their options ahead of time. Before ordering your food, take some time to think about your selection.

#### Tips for making healthy food choices when eating out during the holiday season:

- Watch portion sizes. Portions can be double or triple the size that you would consume if you made the meal at home.
- Choose whole-grain breads or wraps for sandwiches.
- Choose a healthy side option, such as fruit or a side salad.
- Order broth-based soups rather than cream-based soups.
- Skip the bread and butter.
- Share a meal with a friend. One portion at a restaurant, split in half, is sure to satisfy your hunger.
- Get grilled meats instead of fried — for example, grilled chicken instead of fried chicken.

#### Tips for making healthy beverage choices during the holiday season:

- Limit yourself to one alcoholic drink per night to avoid empty calories.
- Drink water instead of sugary drinks or soda.
- Sip on sparkling water with a few slices of lemon for added flavor.
- Add sparkling water to your alcoholic beverage to limit the amount of calories.
- For holiday drinks that call for milk, consider replacing whole milk with low-fat or non-fat milk.

Make healthier choices when you dine out. It will help you eat healthy and reap the benefits of better nutrition.

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)