

# TIPS FOR *Healthy* HOLIDAY EATING

## Tip 1: Drink Water

Drinking more water instead of sugary drinks can make you feel better during the Holiday season!

## Tip 2: Smart Snacking

Never attend a party or get together on an empty stomach. Prepare a healthy snack or meal at home before the party begins.

## Tip 3: Eat Your Veggies

When you are out at a party, make sure to fill your plate with fiber rich foods such as chickpeas, squash, carrots, green beans, and sweet potatoes.

## Tip 4: Small Plates

To enjoy holiday foods without feeling deprived, use a smaller plate for portion control and limit the food on your plate.

**Howard County LHIC**

Local Health Improvement Coalition