



Oliver's team talk

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Teach! TEACHERS CORNER

Make Healthy Choices This Holiday Season

The holiday season can be a healthy choices obstacle course. A typical week could include a classroom party, an office holiday party and a get together with friends, not to mention the cookies and candy that are everywhere.

This year, remember that you don't have to deprive yourself of holiday celebrating to make healthy choices. You can still take part in the parties, as long as you do so in moderation. Watch your portion sizes, limit desserts, and remember to exercise and you can make it through the holiday obstacle course with ease.

Excite! READY, SET, GO!

Try these tips to make healthy choices at your holiday parties:

- **Be realistic.** Don't deprive yourself of favorite holiday foods, but do look for ways to eat smart and in moderation. Start with low calorie fruits, vegetables and whole grain foods, then have a small portion of your favorite higher calories foods.
- **Eat normal meals.** Don't try to save room for the big meal, the office goodies or party treats that await you. Skipping meals usually leads to extreme hunger and willpower can't hold out for long.
- **Watch your beverages.** Holiday beverages like egg nog, punches, cider and soda can be high in calories; so choose smaller portions or opt for water and non-caloric beverages.
- **Spend time socializing.** Make family and friends, not food, the focus of holiday gatherings. Enjoy a small treat or snack, but then move away from the snack table, staff lounge or buffet line to enjoy conversation with others.

Activate! MAKE YOUR MOVE

A healthy part of holiday parties is that they can offer you a chance to squeeze some physical activity into your day. That's right, dancing is a great way to exercise. Try dancing to these holiday songs, or choose your own favorite:

- Jingle Bell Rock
- Let it Snow
- Rockin' Around the Christmas Tree
- Feliz Navidad
- Frosty the Snowman
- Jingle Bells
- Over the River
- Up on the Housetop

Motivate! SPREAD THE WORD

Healthier Versions of Favorite Holiday Foods

Don't deprive yourself of favorite foods but make smarter choices with the following suggestions:

Instead of:

- regular soda, egg nog, punch
- roasted dark meat turkey with skin
- candied sweet potatoes
- pecan pie
- green bean casserole

Choose:

- diet soda, low fat egg nog, water
- roasted white meat turkey and no skin
- baked sweet potato with 1 tbsp. syrup
- pumpkin pie
- fresh steamed green beans and 1 tbsp. slivered almonds

Make **HEALTHY CHOICES** for Life![®]

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