

This product was developed by the Galveston: Take Action project at the Galveston County Health District in Texas City, TX. Support for this product was provided by a grant from the Robert Wood Johnson Foundation® in Princeton, New Jersey.



Enjoy a Healthy  
Holiday Season



# Maintaining Routine



Medication



Meals



Exercise



Sleep



Stress



**Party!**



# Medication

- 🍬 Take medication at prescribed time
  - 🌀 Carry extra medication with you
  - 🌀 Use reminders to take medication if needed



# Meals



Eat regular meals



Eat as close to regular meal time as possible



# Meals



## Maintain balanced meals

- ⊙ Plan meals heavy in nutrition
- ⊙ Four to six servings of non-starchy vegetables each day
- ⊙ Two to three servings of fruit each day
- ⊙ Eat a Rainbow





# Meals



## Maintain balanced meals

- ⊙ Plan meals to divide carbohydrates equally throughout the day
- ⊙ High Carbohydrate foods are:
  - Grains
  - Starchy vegetables
  - Fruit
  - Milk and yogurt



# Meals



Maintain balanced meals

- ⊙ Limit protein foods to 7 ounces a day
- ⊙ Protein foods are:
  - Meat (beef, pork, chicken, turkey)
  - Fish
  - Cheese
  - Peanut butter





# Meals



Maintain balanced meals

- ② Healthy fats ( 5 servings or less a day)

- ② Healthy fats are:

- Avocado
- Nuts
- Oils (olive, canola, corn )
- Olives



# Meals



Maintain balanced meals

- ② Limit unhealthy fats (animal)

- ② Unhealthy fats are:

- Bacon
- Butter
- Sour cream/cream cheese
- Coconut
- Palm oil



# Recreate Your Favorite Dishes



## Sugar

- ② Reduce sugar by  $\frac{1}{4}$  to  $\frac{1}{3}$  in baked dishes (desserts)
- ② Substitute  
1 cup of sugar =  $\frac{1}{2}$  cup of sugar  
and  $\frac{1}{2}$  cup sugar substitute
- ② Check label of sugar substitute for suggested uses and using with heat



# Recreate Your Favorite Dishes



## Fat

- ② Reduce fat by  $\frac{1}{4}$  to  $\frac{1}{3}$  in baked dishes
- ② Use spray oil to lightly coat skillet and baking dishes
- ② Sauté using fat free broth instead of oil



# Recreate Your Favorite Dishes



## Salt

- ② Reduce salt (sodium) by 1/2 or just do not use it
- ② Read labels and choose foods low in sodium
- ② Remember to use salt in dishes that have yeast



# Recipe Exchanges



## Nutrition and exchange information

### @ Nutrition information

- Total fat – every 5 grams of fat equals 1 serving of fat
- Total Carbohydrates – every 15 grams of carbohydrates equals 1 serving of carbohydrates

### @ Exchange information

- Carbohydrates (fruit, starchy vegetables, grains, milk and other carbohydrates)
- Meat 1 serving equals 1 ounce meat
- Fats



# Recipe Exchanges

How would you count these:



1 Fruit, 1 Milk, 1 High fat meat, 1 Fat



2 Starches, 6 Fats, 1 Other carbohydrate



3 Medium fat meat, 2 Fat



# Exercise



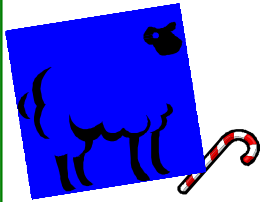
Maintain regular exercise schedule

- ⊗ If exercise is not a part of your daily schedule - Add it!
- ⊗ Exercise uses up extra carbohydrates and decreases stress
- ⊗ Exercise goal is 30 minutes every day





# Slee p



Maintain regular sleep schedule

- ④ 8 hours a night is recommended



# Stress

- 🍭 Plan your day to fit the hours in the day
  - 🌀 Plan sleeping
  - 🌀 Plan eating
  - 🌀 Plan exercising
  - 🌀 Plan for other obligations
- 🍭 “NO” can be the best response
  - 🌀 Be respectful of your and other’s alone time
- 🍭 Plan time for yourself each day






# EAT, drink and be merry

- 🍭 Have a healthy snack before you go to a party
- 🍭 Take a “healthy” dish to the party
- 🍭 Scan available food for best choices
- 🍭 Eat small portions and be selective
- 🍭 Stand across the room from the food
- 🍭 Avoid second helpings



# eat, DRINK and be merry

-  Choose low sugar beverages (water, tea, diet drinks)
-  Beware of juice and punch
-  Use lemon, lime or orange slices to add flavor to water



# eat, DRINK and be merry

## Healthy tips for alcohol use

- @ Recommended amount is no more than 1 drink for women and 2 for men
- @ One drink is:
  - 4 ounces of wine
  - 12 ounces of beer
  - 1 ounce of hard liquor
- @ Choose diet or low sugar mixers
- @ Always eat something before you drink alcohol (alcohol on an empty stomach may cause low blood sugar)



# eat, drink and BE MERRY

- 🍬 Make the focus of holiday gatherings about time with family and friends

PARTY HARDY  
& HEALTHY!

