

TIPS TO HEALTHY EATING

During the Holidays



If food is around, move away from the buffet or area where food is present. Or simply eat slowly, drink lots of water or try chewing a piece of gum.



Remember holiday drinks can have a lot of extra calories, especially if they have alcohol. Beverages such as eggnog can have an excess of 150-450 calories. Because our bodies don't sense liquid calories the same as solid calories, we tend to overindulge in drinks.



Eat only when you're hungry. Try and drink water throughout the day and always pay attention to the liquid calories.

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