

Tips for

Healthy Holiday Eating

UF/IFAS Extension agent Virgilia Zabala offers some strategies for enjoying holiday meals without overindulging.



Savor Your Meal

Practice mindful eating by taking the time to savor the texture and flavor of your meal.



Be Engaged

Be present in the moment and enjoy conversations with those around you.



Eat Beforehand

Don't starve yourself to "save up" for the big meal. Instead, eat smaller portions earlier in the day.



Fix a Healthy Plate

Fill half of your plate with fruits and vegetables, choose low-fat proteins and include whole grains. And drink plenty of water.



Save Some Treats

Don't go-all out and overindulge in one day. Save some goodies for the next day.



Get Moving

Go for a walk, ride a bike or play catch throughout the season. The exercise will help your body burn off some of those goodies.