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Source: Academy of Nutrition and Dietetics

Healthy Holiday Eating Strategies

Try not to stand and talk near the food table. You will put less food on your plate. Eat slowly and savor every bite. Could result in overeating for a big holiday party.

Do NOT skip meals to prepare for a big holiday party. Your family, friends and coworkers will appreciate it!

Before or after family walks, eat smaller plate meals and salad first. Fill your plate with vegetables and talk near the food table.

Before going back to the food table, wait 10 minutes. You will put less food on your plate.

Before going to the food table after dinner, before the entrees and desserts and salad first, regular walks could result in overeating and talking near the

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INGREDIENTS:

- 2 teaspoons olive oil
- 1/2 cup onion (chopped)
- 1/2 cup carrot (chopped)
- 1 teaspoon thyme (ground)
- 2 garlic cloves (minced)
- 2 cups water
- 3/4 cup tomatoes (diced)
- 1 cup chicken, cooked, skin and cubed
- 1 cup brown rice, cooked
- 1 cup kale (chopped, about one large leaf)

PREPARATION:

1. Heat oil in a medium sauce pan. Add onion and carrot. Sauté until vegetables are tender, about 5-8 minutes.
2. Add thyme and garlic. Sauté for one more minute.
3. Add water, tomatoes, cooked rice, chicken and kale.
4. Simmer for 5-10 minutes.

Healthy Recipe: Chicken Vegetable Soup with Kale

Sanchez has worked hard to lose 100 pounds over the last 7 years. In 2011 she fell into a deep depression and her consolation for feeling down was to eat more. She reached a point of obesity in which she felt awful and knew she had to lose weight. “With that much weight your life is restricted. You can’t do most activities, and you really feel sick and sluggish.”

“I knew I couldn’t diet, but I had to make a change for life. And part of that is learning to enjoy smaller amounts of food, and finding opportunities to move more, especially during the holidays.”

Roxanna now teaches Zumba and healthy living to other women who struggle to stay healthy. Her story is an inspiration and you can watch it online at vimeo.com/tusaludsicuenta. Check out our articles on Roxana’s tips for healthy holidays.

Focus on Fun, Not Food

Plan a fun outdoor holiday activity. Check with your city for free family activities.

Go caroling at a nursing home, or just in your neighborhood.

Have the entire family help decorate the house.

Take your time eating and enjoy the company of others.

Make a Nighttime story time.

Volunteer in the community, as a family.

Roxana Sanchez knows the holidays can be challenging, especially since she has overcome obesity and periods of depression. “It’s fine to enjoy the food but there has to be a limit. You enjoy it more when you savor it, and have just a small amount.”

“I knew I couldn’t diet, but I had to make a change for life. And part of that is learning to enjoy smaller amounts of food, and finding opportunities to move more, especially during the holidays.”

ROXANA’S TIPS FOR HEALTHY HOLIDAYS

Eat smaller portions

Walk 30 minutes a day.

Don’t go hungry to a party.

Drink a lot of water. Watch your calories from beverages!

Enjoy the festivities!

STAY POSITIVE

Source: Everyday Health