



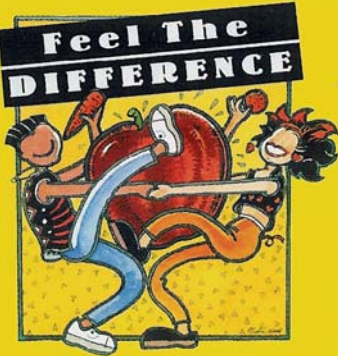
# DEPARTMENT OF HEALTH AND HUMAN SERVICES

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## Ten Tips for Holiday Dining



**Eat Healthy!  
Be Active!**

### **7 HEALTHY HABITS FOR EVERYBODY**

Feast on Fruits  
& Vegetables

Move it! Improve it!  
Be Active

Supercharge Your Day!  
Eat Breakfast

Be Fiber Fit! Eat Beans  
& Whole Grains

Lighten Up on Sugar,  
Salt & Fat

Quench Your Thirst  
with Water

Power Up - Follow  
the Food Pyramid

A Nutrition Campaign by the County of Marin  
Dept. of Health & Human Services.  
Sponsored by the California  
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Call Nutrition Help-Line  
**415.499.3099**  
Monday - Friday 9 to 5

Do the holidays always seem to sabotage your best efforts at preventing weight gain? Follow these smart tips to guide you through the culinary challenges of the holiday season.

1. Offer or bring lower fat appetizers before large meals, such as colorful cut-up vegetables and vegetable dips.
2. Plan your eating strategy ahead of time. Eat a little something before leaving home, so you're not starved when you arrive at the event.
3. If it's a buffet, scope out your favorites before diving in, eliminate choices you don't really care about. Choose lower fat offerings such as shrimp with cocktail sauce, skinless grilled or baked chicken. Be aware that sauces, high fat toppings such as sour cream, butter and gravy add lots and lots of fat calories. Use sparingly.
4. Pace your holiday drinking. Try refreshing glasses of sparkling water with a twist of lemon to avoid dehydration and excessive alcohol calories.
5. Watch portion sizes. Eat slowly, savor the flavors, and the need for seconds will diminish.
6. Don't float around the buffet or the kitchen. After you've had your fill, find someone to talk to and focus on the conversation instead of the food.
7. You don't need to skip dessert. Enjoy one or two small servings of your favorites or share one with a friend. Eat it slowly and savor the flavor. Try a flavored cup of coffee or tea to curb the temptation of more sweets.
8. Don't be coerced into eating more when a well-meaning hostess encourages you to have seconds or thirds. It's okay to graciously refuse by saying "Thanks. Everything is so delicious. I'm really quite satisfied!"
9. If you do eat more than you planned, don't beat yourself up. Just set your sights on eating moderately the next day.
10. Step up the physical activity and keep movin' through the holiday season.