



Stay Healthy During the Holidays

We may be tempted to overeat during the holiday season, with so many delicious dishes at our fingertips. Remembering to eat nutritious foods can help keep us on track for staying healthy.

Here are some tips for eating healthy during the holidays:

- Start your day off with a healthy breakfast.
- Be smart about seasonal beverages. Read labels and check for added sugar and fat.
- Volunteer to bring a healthy dish to your next holiday event.
- Try to fill your plate with healthy options such as fruits, vegetables, whole grains and lean proteins.
- Pick your splurges. You can still enjoy the foods you love during the holidays by being mindful of portions.
- Limit alcohol — drinking in moderation is defined as one drink or less per day for women and two drinks or less per day for men.
- Stay physically active — make a new holiday tradition to do something outdoors with friends or family.

Well Target®

Make traditions healthy with these holiday swaps:

SWAP THIS:



Ham



Pecan Pie



Canned Cranberries



Mashed Potatoes



Canola Oil

FOR THIS:



Turkey



Pumpkin Pie



Fresh Cranberries



Sweet Potatoes



Apple Sauce



Turkey¹

- good source of vitamin B3, B6 and B12
- rich in selenium, zinc, phosphorus and iron

Sweet Potatoes²

- high in fiber and antioxidants for a healthy gut and brain
- rich in beta carotene to support good vision and immune system

Pumpkin Pie³

- filled with vitamins A and C, protein, carbs, fiber, potassium and fats
- boosts immunity
- can help regulate blood sugar

For more health and wellness information, please visit www.wellontarget.com.

1. Source: bbcgoodfood.com/howto/guide/top-5-health-benefits-of-turkey

2. Source: healthline.com/nutrition/sweet-potato-benefits#bottom-line

3. Source: factly.com/food/nutrition/8-health-benefits-of-pumpkin

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