



“Healthy Holiday Eating” Wellness Challenge



As we enter the holiday season we find ourselves surrounded by delicious dishes and treats. And if your schedule is as hectic as most, finding time to exercise can be very hard thus making it difficult to fight those extra calories and pounds that some with holidays. The Holiday Wellness Challenge encourages you to make small changes and healthier food choices. Mark the calendar every day you make a healthy food choice or substitute a healthier ingredient when preparing your food. **The challenge is to make a minimum of 10 different healthier holiday food choices between November 11 - December 15.**

Here are a few suggestions on ways to make healthy food choices and substitutions:

1. **Don't skip breakfast.** Have oatmeal with fruit, a smoothie or a piece of whole wheat bread with peanut butter.
2. **Eat foods high in fiber.** Eat more salads, fresh fruits and vegetables and whole grain breads and cereals.
3. **Spice it up.** Use herbs and spices instead of sugar and salt.
4. **Keep portions in check.** Your plate should be half fruits and vegetable, 1 quarter grains and 1 quarter protein.
5. **Chew your food.** Take a bite, put your fork down and chew slowly. This gives your body time to send signals to your brain that you feel full.
6. **Bake or Grille.** Instead of frying your meat or chicken, try baking or grilling it instead.
7. **Outsmart the bird.** Reach for the lighter pieces of meat; they have fewer calories and less fat than the darker ones. Another way to cut calories and fat is to take off the skin.
8. **Baking Bits.** Instead of adding chocolate chips or candies, use dried fruit, like cranberries or cherries.
9. **Watch the desserts.** Fruits make a delicious dessert instead of cakes, cookies and pies.
10. **Make a list and check it twice.** Before going to the grocery store plan healthy meals and make a list of what you need. With a list you will be less likely to buy junk food.
11. **Enjoy a sample.** When you come face to face with those holiday treats, enjoy a sample but don't overdo it.
12. **Holiday drinks 1.** Instead of using alcohol in mixed drinks, use club soda.
13. **Holiday drinks 2.** Substitute a seasonal drink with a flavored water.
14. **Drink water.** Drink water throughout the day. Drink water with meals instead of juices, sodas or alcohol. Add fresh fruit to your water to give it flavor.
15. **Baking goods.** Substitute oil with applesauce when baking treats.
16. **Go easy on the gravy.** A little gravy goes a long way in adding flavor to your food.
17. **Swap the grains.** Eat whole wheat bread instead of white bread or brown rice instead of white rice.
18. **Potatoes and Rice.** Substitute potatoes and rice with cauliflower-based potatoes and rice.
19. **Make room for veggies.** At holiday parties, don't ignore the fruits and vegetables (don't slather with sauces).
20. **Outsmart the buffet.** Have a small plate of the foods you like best and then move away from the buffet table.
21. **Don't skip meals.** Don't skip meals to save up for a feast. It will be harder to keep your blood sugar in control, and you'll be very hungry and more likely to overeat.
22. **Contribute a health dish.** Ensure at least one nutritious choice is available at potlucks by contributing a healthy dish.
23. **Don't feel guilty.** If you did overindulge, don't beat yourself up. Just make sure your next meals are healthy.

Name: _____

School or Department: _____

T-shirt size (circle one): S M L XL

“Healthy Holiday Eating” Wellness Challenge Tracker

Directions: Mark the calendar every day you make a healthy food choice or substitute a healthier ingredient when preparing your food. Right down the number of the tip you used. The challenge is to make a **minimum of 10 different healthier holiday food choices or substitutes** between November 11 - December 15.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11/11	11/12	11/13	11/14	11/15	11/16	11/17
11/18	11/19	11/20	11/21	11/22	11/23	11/24
11/25	11/26	11/27	11/28	11/29	11/30	12/1
12/2	12/3	12/4	12/5	12/6	12/7	12/8
12/9	12/10	12/11	12/12	12/13	12/14	12/15

Submit your completed holiday wellness activity to Carla Cosio at ccosio@fhcp.com or ccosio1@volusia.k12.fl.us or via interoffice mail to Insurance and Benefits Department by **December 17th** to be entered into the drawing!

