

## Healthy Heart Tips for the Holidays.

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“Tis the Season to be Healthy and Jolly too. “ Eating healthy does require some self control during the holiday season. It’s not easy to stay strong under the constant bombardment from our coworkers, friends, and families with food and drink of every type, and in larger quantities than normal.

How do we navigate the minefield of overindulgence that is so prevalent this time of year? Self control? How well does that really work? It’s just not that easy but, with a few guidelines, we can still satisfy our palettes.

1. Remember food is fuel and if you over fill the tank--unlike a car where the extra fuel would spill out--our bodies hold on to it as fat.
2. If you will be drinking alcohol, have a glass of water first and try to have a glass of water in between each alcoholic beverage. This way you’ll drink a little less of those sugar-filled drinks and begin the flushing of your system so you don’t suffer as much the next day.
3. If you stick to beer, wine, or liquor without mixers added, you’ll be holding down the calories and the excess sugar. FYI...egg nog is probably the drink with the highest fat and sugar content you’ll ever consume. Think of it as an alcoholic milk shake.
4. Try to eat the healthier items such as: cut veggies, salads, soups, and lean meats. That way your stomach won’t have as much room for dips, chips, cakes, and cookies which are all very high in fats, carbohydrates, and usually immense amounts of sodium.
5. Try starting your day with fresh fruits, yogurt, and cooked oatmeal. This is actually a great breakfast any time of year, but it is especially helpful for cleansing our systems ,which in turn helps our bodies with heart health and great digestion.

\*\*\*\*Give yourself the gift of health by eating sensibly this holiday season.  
The trick is to *eat* the healthy food and *taste* (one or two bites) the high fat,  
high caloric, high sodium foods.