



Healthy Eating Tips for the Holidays



Portion your plate: Fill half your plate with non-starchy vegetables, a quarter with lean protein, and a quarter with complex carbohydrates.



Prioritize protein: Choose lean protein sources like turkey, fish, or beans to help manage blood glucose levels.



Plan ahead: Anticipate higher-carb foods like stuffing, potatoes, and desserts. Eat small portions of these items.



Drink wisely: Choose water, seltzer, or unsweetened tea instead of sugary beverages. If consuming alcohol, do so in moderation and always with food.



Bring a healthy dish: Offer to bring a healthy dish to a party or potluck. Try replacing carb-heavy holiday foods with lower-carb options.



Practice mindful eating: Eat slowly, savor flavors, and stop when you feel comfortably full.



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