



TOP 10 HOLIDAY WELLNESS TIPS

1. Express Gratitude

Take a moment to reflect on your relationships with family, friends, and colleagues and all that is positive in your life. As you prepare for the holidays, set your intention to approach each celebration with gratitude, less stress, and greater happiness. Many experts believe that feeling grateful and expressing gratitude is beneficial to your health.

2. Celebrate Together in Person or Virtually

This year, some of us may not be able to be with family and friends to celebrate the holidays in large gatherings. Consider sharing a recipe with them to make in their homes and enjoy it together virtually.

3. Scale Back

As the guest list shrinks, you do not have to be obligated to make a huge meal and eat leftovers for days. It is okay to scale back your menus. Consider making fewer dishes, or try healthy alternatives, like a whole roasted cauliflower head as the main course. Use the holidays to try something new and nontraditional for you.

4. One Plate Rule

If you do plan to have an extravagant meal, practicing portion control is one of the best ways you can allow yourself some indulgences while sticking to your eating plan. Choose carefully and allow yourself one plate of food at any given meal. Tomorrow is another day to enjoy another serving.

5. Eat Vegetables

Fill at least half of your plate with non-starchy vegetables such as salad, other greens, and roasted vegetables. These healthy options will add volume, fiber, vitamins, and minerals to your meal. You will still have room, but less room, on your plate for other types of dishes.

6. Keep Dessert to a Few Bites

Desserts can tack on a large amount of calories, fat, and sugar. Enjoy just a few bites of your favorite sweet treats and take a moment to savor them. You do not have to eat the whole thing to appreciate the flavor and feel satisfied.

7. Drink Wisely

Sweet cocktails and beverages such as juice and soda are high in calorie and sugar, which can increase blood sugar. Why not choose beverages such as seltzer, water or unsweetened iced tea to quench your thirst.

8. Move

Exercise and movement help to burn calories, improve blood sugar levels, increase energy and boost your mood. Plan to get in at least 30 minutes of activity each day. Invite family or friends to take a walk with you after each holiday meal.

9. Listen to Your Body

Eat slowly so that you notice when you are satisfied. Once you feel you are getting full, put down your fork and save the remaining contents of your dish for leftovers. Your body will feel better and you will be happy with your choices.

10. When Invited, Bring Your Own Healthy Dish (BYOHD)

Why not bring a healthy dish to share with your host and other guests. Everyone will appreciate your thoughtfulness.

These holiday wellness tips are a gift from the Mount Sinai Fit team of nutritionists/certified diabetes educators. We support you in achieving your health and wellness goals. If you are interested in a Personal Nutrition Consultation, our Diabetes Care Program, or our Breathe Free Smoking Cessation Program, please email Wellness@mountsinai.org!