

Live Well Be Well

“Healthy Eating Tips for the Holidays”

Welcome to Live Well, Be Well! A podcast where we speak candidly about all things health and well-being! My name is Renee Dell'Acqua, and I'm a Health Educator in Health Promotion Services here at UC San Diego.

On this episode of Live Well Be Well, our Registered Dietitian, Christine McNamara, will be sharing some healthy eating tips that'll allow us to continue our health and well-being journey while simultaneously enjoying the holiday season and all the amazing foods tied to our celebrations!

So we hope you get inspired, we hope you feel connected, and we hope you discover new ways to live your best life. Let's get started!

R: Holiday season is just around the corner! A major part of our celebrations tend to be centered on food. So today we have our expert on all things food and healthy eating, Christine McNamara! Christine, thank you so much for coming on the show today!

I think something that we would love to know is, what healthy eating tips can you share that'll allow us to continue in our health and well-being journey while simultaneously enjoying the holiday season and all the amazing foods that are tied to them?

C:

1. Remember your colorful vegetables!

Make or bring your own dish to be sure to fill half your plate with vegetables. And eat your vegetablesfirst! To ensure you actually eat the vegetables, before getting full, start with a serving of nutrient-rich vegetables.

2. **Savor each bite. Remember to pace yourself. Taste every delicious bite, you're more likely to take your time and stop when you've had enough.**
3. **Do not skip meals. This is a popular strategy for holiday eating that will typically back fire, leading to overeating. Instead eat a balanced breakfast and/or lunch, depending on the time of the event.**
4. **Resist the urge to fall into a food coma.**
Avoid doing so by getting out and walk. Numerous studies support taking a brisk 15-20 minute walk after a meal to help ease digestion and stabilize blood sugar levels.
5. **Enjoy dessert, and be mindful while doing so. There will no doubt be a wide variety of scrumptious desserts during the holidays. Have some and enjoy it. If you want to taste every dessert, consider having a small sampling of each. You can also make your own and swap out ingredients.**
6. **Lastly, lose the guilt. Holiday season can be a time of celebration but also anxiety and guilt with trying to eat healthy. If you happen to eat more than you planned, try not to beat yourself up and let a slip become a fall. If you do go overboard, try to get back into your healthy eating habits as soon as you can.**

R: Thank you so much for those tips, Christine! Those are some great and feasible strategies for enjoying the holiday season and all the delicious foods that come with them!

So that concludes this episode of Live Well, Be Well! If you liked what you heard and would like to learn more about health and well-being, there's much more to come.

Be sure to check out our website healthpromotionservices.ucsd.edu and also follow us on Instagram and Facebook under @UCSDHPS. Stay tuned for our next episode of Live Well, Be Well.

Until next time, be kind, be true, be you. And remember, to be well is to live well.