Healthy Holiday Workshop

Planning for a Healthy Holiday Season

Objectives

By the end of this workshop, you will be able to:

- Identify strategies for maintaining balanced nutrition during holiday celebrations
- Learn healthy substitutions for traditional holiday recipes
- Understand portion control while enjoying holiday meals
- Master simple, healthy holiday recipes
- Develop a practical plan for navigating holiday gatherings

Let’s give Thanks and start planning for a Healthy Holiday Season

Part 1: Holiday Nutrition Fundamentals

- Holiday nutrition challenges discussion-**Key questions sheet**
- Strategies for maintaining balance
- MyPlate holiday edition- **Creating a healthy plate**
- Portion control techniques- **Portion control sheet**
- Mindful eating practices and Planning ahead for gatherings

Here are some key holiday health challenges people may encounter during Thanksgiving and Christmas:

1. What are some creative ways to sneak in movement during holiday gatherings and travel?
2. How can you balance indulgent holiday foods with healthier options?
3. What strategies can you use to avoid overeating at holiday meals and parties?
4. How can you incorporate more fruits, vegetables, and fiber-rich foods during the holidays?
5. How can you prioritize self-care and relaxation amidst the holiday hustle?
6. What are some substitutions or modifications you can make to traditional holiday dishes?
7. What are some strategies to prevent weight gain over the holidays?
8. How can you maintain portion control at holiday meals and parties?
9. What are some healthy snack options to have on hand during the holidays?
10. What are some ways to hold yourself accountable to your wellness intentions over the holidays?

Strategies for Maintaining Balance

Meal Planning

- Plan regular meals even on holiday feast days
- Eat a protein-rich breakfast to stabilize blood sugar
- Schedule lighter meals between holiday events
- Prepare healthy snacks in advance

Portion Control

- Use smaller plates at gatherings
- Follow the 80/20 rule (80% nutritious foods, 20% treats)
- Practice the one-plate rule at buffets
- Wait 20 minutes before second helpings

Regular Exercise

- Schedule workouts in advance
- Maintain a consistent routine
- Plan morning workouts before daily activities
- Set realistic exercise goals

More Strategies for Maintaining Balance

Stress Management

- Practice daily meditation
- Use deep breathing exercises
- Take regular breaks from festivities
- Maintain a gratitude journal

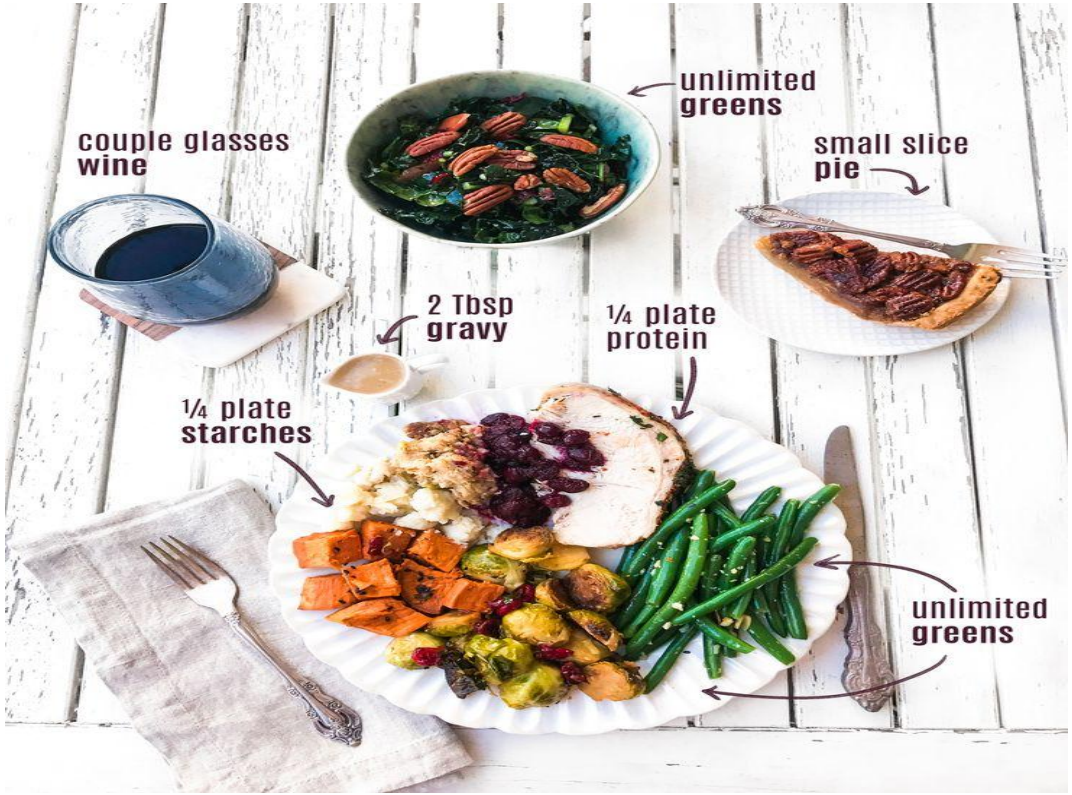
Sleep Hygiene

- Stick to regular sleep schedule
- Create a relaxing bedtime routine
- Limit evening screen time
- Avoid late-night eating

Boundary Setting

- Learn to say no when needed
- Delegate tasks to others
- Schedule alone time
- Communicate your needs clearly

MyPlate Holiday edition



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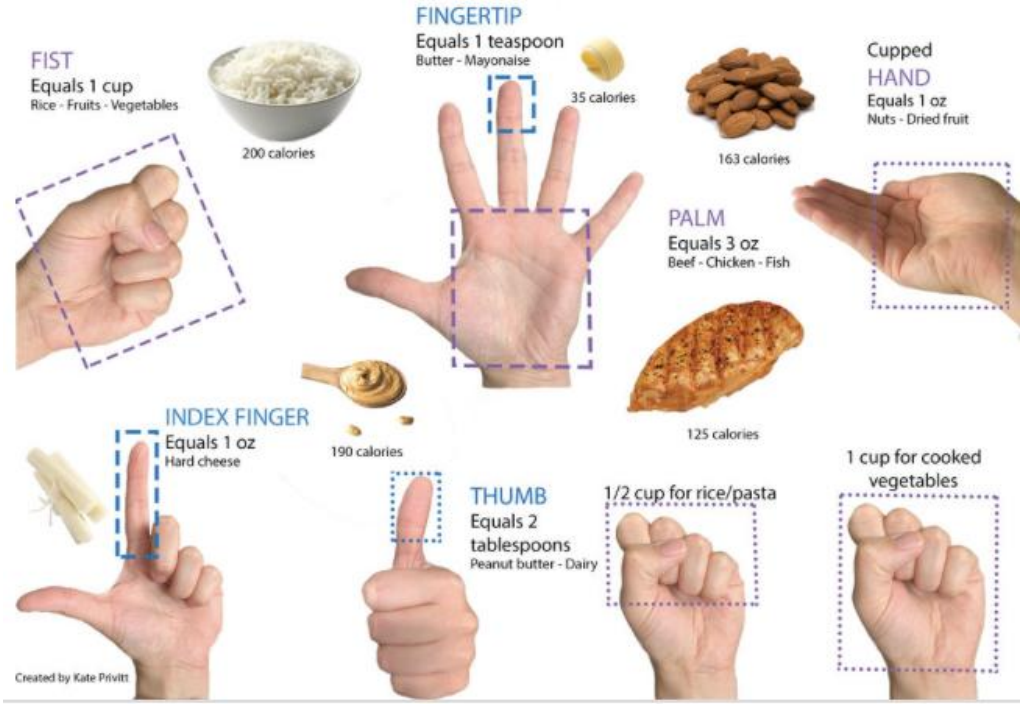
Portion control techniques



Mindful Eating Practices

- Eat slowly and savor each bite
- Listen to hunger and fullness cues
- Position yourself away from the food table at parties
- Focus on socializing rather than eating

Part 2 Lightened-Up Holiday

Hands on interactive

- Greek yogurt dip Fruit Kebab
- High Protein Vegetable Dip
-Tips for healthier baking substitutions

Tips for healthier baking substitutions

- Use mini muffin tins for mini versions of desserts.
- Make smaller cookies
- Cut bars smaller
- Use Almond and Coconut blend flours.

Part 3 Healthy Holiday Main Menu Replacements/Demonstrations

Healthier Holiday Sides

- Arugula Salad with Maple vinaigrette
- Sauteed Greens with Turkey Bacon
- Healthier Mashed Sweet potatoes

Part 4: Wrap-up and Resources

- Q&A session
- Distribution of resources:
  - Recipe handouts
  - Healthy substitution guide
  - Holiday meal planning template
- Quick review of key takeaways