

Healthy Holidays

[Announcer] This podcast is presented by the Centers for Disease Control and Prevention. CD – safer, healthier people.

Family, fun...and FOOD! It's what the holidays are all about, right? But that doesn't mean you have to pack on the holiday pounds. Start the New Year – and the New You – off right: balance the calories you consume with the calories you burn, and avoid any holiday weight gain. Here are some food, beverage, and activity tips to help get you started:

First: Take the Extra Calories Out of Cooking!

- Adjust your recipe to reduce fat and calories. For example, when you make lasagna, use part-skim ricotta cheese instead of whole-milk ricotta cheese. You can also substitute shredded vegetables, such as carrots, zucchini, and spinach for some of the ground meat in lasagna.
- Bring a low-fat holiday dish to the party. Need some suggestions? Visit www.cdc.gov and search “recipes” to find out more.
- You've tried the leftover turkey sandwich, right? Now try the leftover turkey salad! Add a few pieces of turkey to a generous portion of mixed greens, tomatoes, raw broccoli and carrots – or any of your favorite vegetables. Toss with a light salad dressing and some dried cranberries for an authentic holiday taste.

Next: Rethink Your Drink!

- Thirsty? Choose water, diet, or low-calorie beverages. This will keep you from drinking something that may be loaded with calories and sugar.
- Limit alcoholic beverages. Alcoholic drinks can have many calories – especially holiday favorites, like eggnog. Cut or limit your alcohol calories by drinking more water or alternating with drinks like hot tea.

Finally: Get Active, Healthy, and Happy!

- Make a goal with a friend to meet the new Physical Activity Guidelines! Visit www.cdc.gov/physicalactivity.
- Or...sign up for a 5K walk or run to keep your mind focused on physical activity goals. Try and maintain your physical activity during the holidays – or, better yet, try and get *more* active! It will make your New Year's resolutions even easier to attain.
- Last, find fun, creative ways your friends and family can spend time being active instead of eating. Spend time together that revolves around a sport or an activity, instead of a meal.

The start of a new year often means the start of new habits, and eating healthier food and becoming more physically active are often at the top of the list! But don't become overwhelmed by your own New Year's resolutions; set realistic goals for yourself this year. Simple things like limiting the foods you eat that contain high amounts of fat or sugar, consuming smaller portions of food, and sticking to a physical activity routine can mean a NEW YOU for a NEW YEAR!

For more information on healthy weight, visit CDC's web site at www.cdc.gov/healthyweight.

[Announcer] For the most accurate health information visit www.cdc.gov or call 1-800-CDC-INFO, 24-7.