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# MCHD HEALTH BLOG

*The greatest wealth of a community is the health of the people.*



**Public Health**  
Prevent. Promote. Protect.  
MORGAN COUNTY HEALTH DEPT.



## HEALTHY HOLIDAY EATING HABITS

Many would agree that one of the best parts of the holidays is the food! However, typical holiday foods like cookies, cakes, casseroles, and breads are often filled with salt, fat, and sugar. This holiday season, celebrate while sticking with healthy habits! With proper preparation and a little motivation, it'll be easier to feel your best over the holidays. Use these 4 tips from the U.S. Department of Agriculture at [www.ushhs.gov](http://www.ushhs.gov) to make the holidays with your household a healthy one:

- Start the day with a healthy breakfast. Incorporate complex carbs, such as whole grain bread or oatmeal, and protein so you stay fuller for longer.
- Make fruits and veggies part of your holiday plate. Visit [www.nutrition.gov/recipes](http://www.nutrition.gov/recipes) to find recipes that are packed with flavor and fruits and veggies. You can also find recipes that sneak fruits and veggies into your baking!
- Add exercise to the calendar. Just like you would schedule a holiday activity, do the same with exercise you enjoy. If you want to spend time outside, go ice skating or take a walk around the neighborhood looking at lights rather than driving. If it's too cold to be outside, take time to stretch your body during TV breaks or dance with the kids to your favorite holiday songs!
- Remember to hydrate. It can be easy to drink anything except water during the holidays. However, drinking water every day can help you save money, reduce the number of calories you consume, and overall help you feel better.

Looking for more ways to make healthy food and drink choices this holiday season? Visit [www.usda.gov](http://www.usda.gov) and [www.nutrition.gov](http://www.nutrition.gov) for more information!