

Healthy for the Holidays Quick Tips

Water Intake

- Drink enough water so that the color of your urine is nearly clear or light yellow. See chart below and simply pay attention to your body.
- If you are very active throughout the day, increase your water intake
- Carry water with you everywhere you go
- If you have a hard time drinking water, try adding a slice of lemon, cucumber, and berries, or try herbal tea



Eat vegetables and fruit throughout the day

- Fresh, frozen and canned options all count!
- Look for vegetables without added salt, butter, or cream sauces. Aim for fresh or frozen fruit
- Aim to fill half of your plate at meals with non-starchy vegetables like:

Artichoke	Eggplant
Asparagus	Kohlrabi
Baby Corn	Greens- chard, kale, collard, mustard, chicory, endive, escarole, lettuce, romaine, spinach, arugula, radicchio, watercress
Beans (green, wax)	Leeks
Bean sprouts	Mushrooms
Beets	Okra
Brussels sprouts	Onions
Broccoli	Peppers
Cabbage (green, bok choy, Chinese)	Radishes
Carrots	Sprouts
Cauliflower	Squash (summer, spaghetti, zucchini)
Celery	Sugar snap peas
Cucumber	Tomato
Daikon	Turnips

- Top toast with avocado, cucumber, radish, sprouts, or sliced tomatoes
- Add vegetables like bell peppers, broccoli, spinach, mushrooms or tomatoes to your breakfast egg dishes.
- Enjoy veggie snacks with dips, cheese and crackers, or in salsas.
- Try a new baking recipe with an added vegetable, like zucchini, spinach, or carrots.
- Making meals at home is the best way to increase your nutrient- dense food intake.



Mindful Munching

- Enjoy meals slowly, and taste your food- what are the flavors, textures, and aromas?
- Whether you are going for lots of whole foods, or fun treats, tune into your body for each bite. If you are going to eat something- aim for a moderate amount and actually enjoy it, rather than binging and feeling unwell. If you know that you typically feel ill after eating a larger portion of a particular food or snacking on sweets all day, plan to stop before you reach that point.

- Stick to your normal eating routine- whether it's 3 square meals or 6 lighter meals throughout the day- and don't let out of the ordinary events interrupt your habits.
- Be aware of the various candy and sweets dishes that tend to appear this time of year. Convenience can highly influence what we eat so whether foods are nutrient dense or more sugar-laden, if they are easy to grab, we are more likely to eat them.

Intentionally connecting

Take a moment to choose connection in your day- this could be...

- In person: putting your devices away while spending time with others, making a lunch date, going for a walk together, playing a game, stopping to talk when you run into someone you know, and so much more!
- Long distance: by email, hand-written cards, gifts, or a simple text.

Try to find a way to incorporate connection into your days and weeks so that it becomes part of your normal routine- like texting a friend in the morning, regular meet ups, leaving early to make time for run in's with neighbors and coworkers, etc.



Enjoy 30 minutes of joyful movement or physical activity

Physical activity means **moving your body** in a continuous manner engaging most major muscle groups of the body. We are aiming for something that feels good to your body and soul- not just what you think you **should** be doing. Check some of these options out if you want to try something new. Or spice up your typical routine by adding music, friends, or making it a game for yourself.

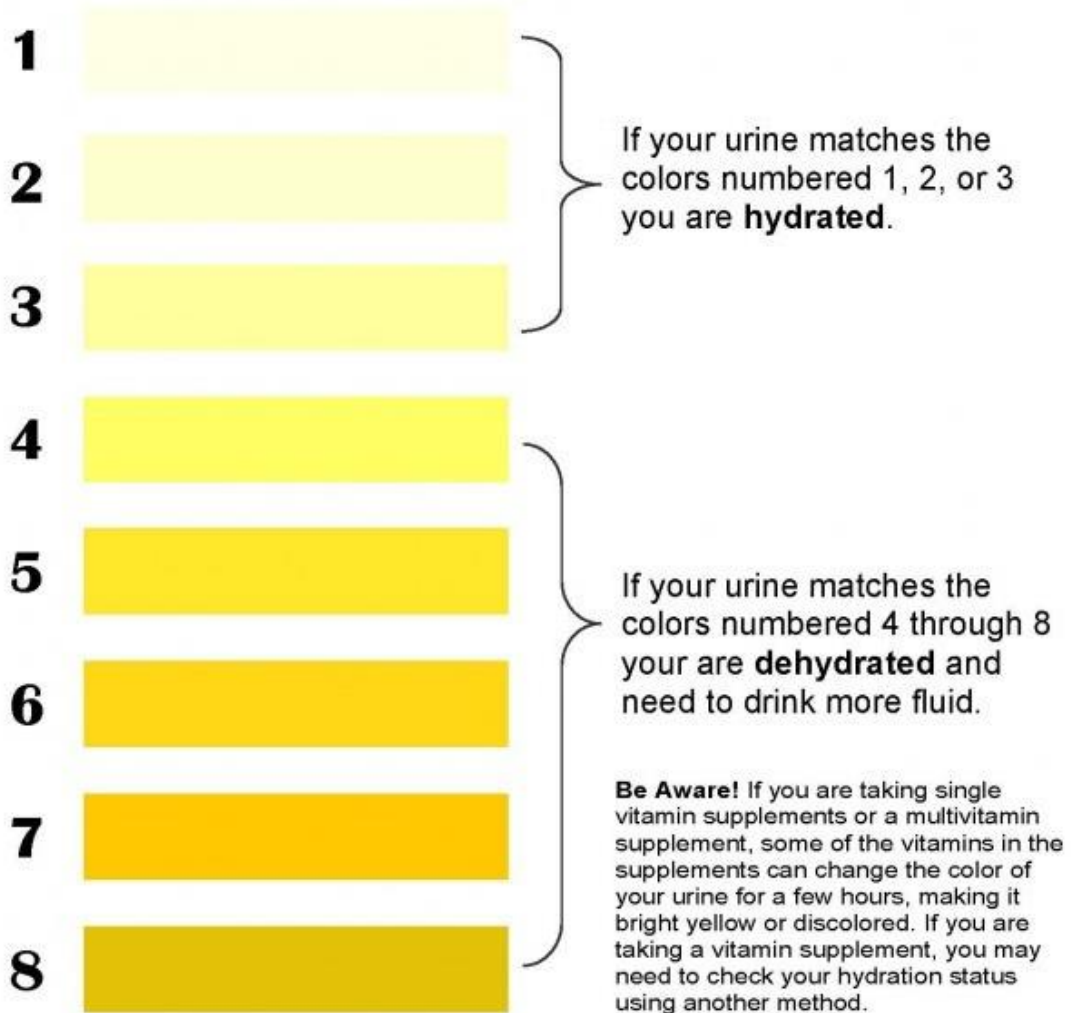
Bicycling (road or stationary)	XC Skiing or Snowshoeing
Dancing	Strength Training/Circuit Training
Pilates, Yoga, Stretching	Active Yard Work (shoveling snow)
Swimming laps or walking against the current at DPAC	Other cardio (elliptical, stair climber)
Walking at a pace that you can talk but not sing	Jogging
Active cleaning chores	Racquet Sports (pickleball!)
In-line, Roller, or Ice Skating	Soccer, Basketball

Sleep better!

- Allow yourself 7-9 hours of sleep- uninterrupted if you can.
- Get exercise in the day to tire out your body and mind.
- Cut off caffeine (including chocolate) by midday.
- Limit alcohol to no more than 1 drink a night- and enjoy it at least 3 hours before bedtime
- Avoid eating so late that your belly feels full and your stomach is still digesting as you are trying to fall asleep
- Limit or eliminate bright lights as you get closer to bedtime- this includes screens (TV, computer, phone, tablet)
- Sleep in a dark cool room
- Try reading or listening to a meditation before bed
- If your brain feels too active to fall or stay asleep, try journaling to get everything you are worried about on paper so you can deal with it in the morning

Am I Hydrated? Urine Color Chart

This urine color chart is a simple tool you can use to assess if you are drinking enough fluids throughout the day to stay hydrated.



Your Nose Knows!

While some foods, like asparagus, can cause your urine to smell different, a strong smelling odor can also be a sign of dehydration.