

NEWS RELEASE

For Immediate Release
December 11, 2017

For Further Information Call:
Deborah Weeks (530) 889-7350

Don't Let the Holiday Spirit Weigh You Down!

The Holiday Season is here with the special traditions we all look forward to: decorating, shopping, exchanging gifts, traveling, gatherings, parties, cooking, and of course, eating. Holiday foods and drinks are an important part of this season, but it's easy to get caught up in the fun and partake of too many rich, sugary foods and high calorie drinks. Follow these easy tips that allow you to enjoy your favorite foods and drinks without letting the holiday spirit weigh you down.

- **Eat something before heading out for a shopping trip.** Energy from a healthy meal or snack will give you stamina to make it through a long day of waiting in traffic or long lines at the stores. You'll be less likely to buy high calorie foods when out and about.
- **Pack fresh or dried fruit before leaving your house.** You will already be prepared with a sweet and healthy snack, making it easier to turn down a tempting sugary treat.
- **Don't leave the house without water!** Water will keep your body hydrated. Plus, it will save you money you might otherwise spend on sugary, high calorie drinks.
- **Prepare lighter dishes for Holiday parties!** There will be plenty of rich, heavy, and sugary foods available, so bring a green salad, soup, roasted vegetables, or a medley of fresh fruit as your party contribution.
- **Start a trend with your friends and buy local and seasonal produce for holiday recipes.** Apples, mandarins, pomegranates, persimmons, kale, onions, and winter squash varieties are just a few delicious items currently available at local farmer's markets. Go to [Eat Local Placer and Nevada Counties](#) for great recipes and preparation ideas.

Eating your favorite holiday foods and drinks in moderation will let you enjoy them without tipping the scale too far to the right in January. Making healthier choices will help you get a jump start on a happy, healthy new year.

Children and adults participating in the Let's Eat Healthy! Program are learning about food safety and healthy eating habits. For more nutrition or program information, please call (530) 889-7350, or visit our website at <http://ucanr.edu/sites/letseathealthy>. "Like" us on Facebook for additional tips and updates at UC CalFresh Nutrition Education Program, Placer/Nevada Counties.