

Special Occasion Eating

Special occasions such as parties, celebrations, or holiday meals can make it challenging to eat wisely. Strive to make celebrations fun, healthy, and active. Here are some tips:

Be prepared.

- Eat a small meal or snack before the special occasion. This will help keep you from overeating and help you control your portions and appetite so that you can make smaller, healthier choices.
- Fill up ahead of time on water or other low-calorie beverages.
- Don't be fooled by the buffet. If you are not hosting the celebration, take a healthy dish to the party so you know that there is at least one healthy food choice.
- Keep a glass in your hand containing a calorie-free drink, such as water. It is hard to overeat if your hands are busy.
- Chew gum, have a mint, or keep a swizzle stick in your mouth.

Make healthy habits part of your celebrations.

- Foods and beverages are part of an event. They do not have to be the center of the occasion. Focus on activities that get you moving and having fun with friends and family.



- Avoid drinking alcoholic beverages. They contain empty calories and make it harder for you to avoid temptation. If you do drink, consume two glasses of water for every serving of alcohol.

Don't deny yourself.

- Go ahead and have a taste of special foods, but limit your portion sizes.
- Take time to pay attention to each bite of food.
- Choose low-calorie munchies, such as crunchy vegetables, fruit kabobs, and fresh salads.

Focus on the people, not the food.

- Be a leader for healthy habits. It is never too early for adults to set an example. Keep in mind that children follow what the adults around them do – even at parties.
- Focus on the conversation and having a good time. Get out on the dance floor – be active!

