

## Healthy Lifestyles – Marshfield Area Coalition’s Healthy Top Five

Healthy Lifestyles – Marshfield Area Coalition’s goal is to promote healthy eating and active living through community educational programs and events. Coalition members bring you the “Top Five”. Check out these creative tips to jump-start your activity and improve your eating habits. Enjoy!

### Healthy Holiday Eating Tips

1. **Don’t go to a party hungry!** We often eat faster and more when we are hungry. Make sure you eat a wholesome breakfast and lunch the day of the party.
2. **Watch you portions.** Treat yourself to dessert, chocolate or sweets without guilt, but always watch your portion size. Moderation is the key.
3. **Drink plenty of water.** Alcohol and coffee can dehydrate your body. Water will help you feel full quicker to help you avoid overeating.
4. **Holiday dinner is not an all-you-can-eat Buffet.** Fill half your plate with vegetables, one quarter with lean meat, and the rest with a starch of your choice. Eat slowly and stop when you are full.
5. **Make a conscious choice to limit high fat items.** Eat fried, creamy, and cheese filled dishes in moderation. If you are the chef, substitute high fat ingredients with lower-fat or fat-free ingredients. If not, choose small portions of one or two items.

*To view article online, visit our Web site at [www.marshfieldhealthylifestyles.org](http://www.marshfieldhealthylifestyles.org).  
For more information about the coalition or to become a member, contact the Marshfield Clinic Center for Community Outreach at 715-221-8400.*

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