'Tis the season to try all out kinds of delicious treats!

Expand Your Palate

(without expanding your waistline)

The holidays are a great time to resample old comfort foods or try out new favorites. If you’re looking to keep things a bit healthier this holiday season, here are some ideas to try out:

 ✏️ Balance your plate with healthy options.
For every unhealthy food on your plate, add something made with healthy ingredients like pumpkin, cranberries, sweet potatoes, and lean turkey.

 ✏️ Get a full night’s sleep.
Being tired or stressed can cause you to crave junk foods and slow down your metabolism. Find the time to relax and help keep the holiday stress away.

 ✏️ Pay attention to ingredients.
Avoid only filling up your plate with foods that are fried, buttered or surrounded by cheese and cream.

 ✏️ Go for smaller portions.
That way you can sample a little bit of everything without overeating. Find someone to split that slice of cheesecake and bacon-wrapped beef-tenderloin skewer.

As always, load up on fresh fruits and veggies.

For more ideas about how you can stay healthy during the holidays, visit http://www.uhs.wisc.edu/health-topics/wellness/eating-well.shtml