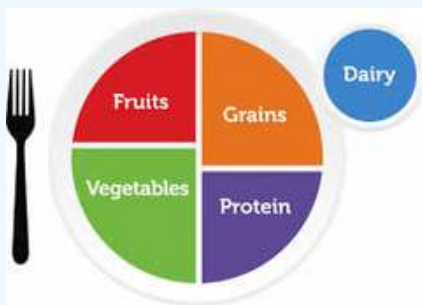


Mood, Moderation & Meals: Caring for Yourself During the Holidays



Healthy \neq Restriction



Focus on Balance.
Use MyPlate as your guide.



- Fill half your plate with vegetables or salads: to provide essential nutrients and fiber.
- Sample a variety of dishes: and choose what you truly enjoy, rather than trying to eat everything.
- Don't skip meals: leading up to the event, as this can lead to overeating later.
- Consider making simple swaps: to lighten up dishes without sacrificing flavor (e.g., using Greek yogurt instead of sour cream, or vinegar-based dressings instead of sugary ones).



[Click here](#) for 10 holiday food swap ideas



Try a new Recipe: Garlic Herb Oven Roasted Vegetables