

# Holiday parties:

## Tips for eating healthy



**Enjoying the holiday season doesn't mean your health has to be thrown off track.**

Party platters, charcuterie boards and all those special desserts may be filled with ingredients that don't fit your regular meal plan.

**However, there are tips and tricks to stay on track during the holiday season.**

### Don't skip meals or show up hungry

Skipping meals so you can indulge at the party is not a sound tactic. Instead, stick with your normal eating routine, knowing you still may splurge a little at the event. Also, be sure to have a healthy snack before going to the party so you don't show up hungry. Being hungry can lead to overeating.

### Remember your why

Your health goals are not seasonal. Being mindful of that helps you to make the best choices for you.

## Focus on your friends, not the food

While food is often the main activity at a party, it doesn't have to be. Focus on catching up with people you haven't seen in a while. Just be careful not to socialize next to the food, as this can lead to mindless eating.

## Hydrate

Drink up—water that is—ahead of your gathering. Heading into a party well-hydrated can help you feel good and may help you eat less.

## Make a dish you can enjoy

Always offer to bring a dish to the event. This is your opportunity to bring what works for you so there's a nutritious option you can enjoy.

## Start your celebration out right by making these delicious appetizers for your next party.



Makes 10 servings | Prep: 7 min

### Endive with herbed goat cheese

Flavorful with yogurt and herbs, these are low-calorie, gluten-free and paleo-friendly.

#### Ingredients

- 4 oz fresh plain goat cheese
- 3 Tbsp Greek plain, non-fat yogurt
- 1 tsp extra-virgin olive oil
- ½ tsp chopped fresh dill
- 1 tsp chopped fresh parsley
- 2 heads Belgian endive, leaves separated (20-24 leaves)
- Freshly cracked black pepper

#### Preparation

In a medium bowl, whisk together goat cheese, yogurt and oil. Fold in dill and parsley. Spoon a small scoop of the mixture onto endive leaf ends, dividing evenly. Season with pepper and serve immediately.

#### Nutrition information | Serving size: Around 2 filled leaves



Calories: 76 | Total fat: 5 g | Saturated fat: 3 g | Sodium: 63 mg | Cholesterol: 12 mg  
Total carbs: 4 g | Fiber: 3 g | Sugars: 1 g | Protein: 5 g | Potassium: 337 mg



**Makes 12 servings | Prep: 8 min**

## Deviled eggs

If you're watching your cholesterol, replace the egg mixture with a flavored hummus to fill your egg halves.

### Ingredients

- 6 large hard-boiled eggs, cooled
- 3 Tbsp low-fat mayonnaise
- 1 tsp Dijon mustard
- 1 tsp apple cider vinegar
- 1 tsp chopped chives

### Preparation

Peel eggs and slice in half lengthwise. Remove the yolks and place into a medium bowl. Place the egg whites on a plate, holes facing up. Use a fork to mash the yolks. Add mayonnaise, mustard and vinegar. Mix until smooth. Spoon a scoop of the egg mixture into the hole of each white. Sprinkle with chives and serve.

### Nutrition information | Serving size: One egg half



Calories: 50 | Total fat: 4 g | Saturated fat: 1 g | Sodium: 66 mg | Cholesterol: 94 mg  
Total carbs: 1 g | Fiber: 0 g | Sugars: 0 g | Protein: 3 g | Potassium: 35 mg



**Makes 10 servings | Prep: 10 min**

## Guacamole with jicama sticks

This dish is vegan, gluten-free and loaded with fiber and good fats.

### Ingredients

- 3 ripe avocados
- 1 lime, halved
- 1 clove of garlic, minced
- Pinch of salt
- 1 large jicama, peeled and sliced into sticks

### Preparation

Cut avocados in half lengthwise. Discard pit and use a spoon to remove flesh. Place flesh in a medium bowl. Squeeze juice from both sides of lime into the bowl. Add garlic and salt. Use a fork to mash to desired consistency (should be a little lumpy). Serve guacamole with jicama sticks to use for dipping.

### Nutrition information | Serving size: 2 tablespoons guacamole; 4 jicama sticks



Calories: 171 | Total fat: 12 g | Saturated fat: 3 g | Sodium: 24 mg | Cholesterol: 0 mg  
Total carbs: 17 g | Fiber: 10 g | Sugars: 3 g | Protein: 2 g | Potassium: 480 mg



Makes 10 servings | Prep: 2 min | Cook: 5 min

## Skewered chili-lime shrimp

These lean protein skewers are easy-to-eat party snacks.

### Ingredients

- 2 Tbsp olive oil
- 1 garlic clove, minced
- 1 Tbsp lime juice
- 1 tsp chili powder
- 1 lb uncooked large shrimp (around 26-30), peeled and deveined
- 1 tsp grated lime zest

### Preparation

In a medium pan, heat olive oil over a medium flame. Add garlic and stir until fragrant, about 30 seconds. Add lime juice and chili powder, and stir to combine. Add shrimp. Cook until shrimp are pink and no longer translucent, about 2 minutes. Remove from heat. Stir in lime zest. Thread three or so shrimp onto 10 skewers and serve warm.

### Nutrition information | Serving size: 3 shrimp



Calories: 62 | Total fat: 3 g | Saturated fat: 0 g | Sodium: 59 mg | Cholesterol: 65 mg  
Total carbs: 1 g | Fiber: 0 g | Sugars: 0 g | Protein: 9 g | Potassium: 7 mg

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