

# Healthy Holiday Eating

**It is well-known that the holiday season can create hurdles for maintaining a healthy nutrition plan. A national survey completed by Orlando Health in 2024 revealed:**

- 39% of participants express concern about their food intake during the holiday season.
- 25% believe they should forgo meals to "save calories" ahead of a holiday event.
- 33% reported feeling the urge to "detox" or "cleanse" after indulging in foods deemed unhealthy.

**Healthy eating can result in numerous positive outcomes, such as:**

- Strengthening bones
- Safeguarding the heart
- Warding off diseases
- Enhancing mood
- Fueling your body
- Lowering the risk of chronic illnesses and diseases, such as heart disease, cancer, and stroke

## **Practical Tips**

1. **Focus on portion control.** Portion control will be your friend throughout the holiday season. Eating light, nutritious snacks like fruits and vegetables throughout the day will prevent you from overeating at meal time. This can improve your digestion, caloric intake, and overall health.
2. **Prepare homemade food, when possible.** Although it may be difficult during busy times, doing so can greatly enhance the nutritional quality of your diet, while keeping harmful additives out.
3. **Watch out for addictive additives, like high fructose corn syrup and high-sugar foods.** They wreak havoc on the immune system while also promoting over-consumption.

**For more information, visit:**  
[mayoclinic.org](https://www.mayoclinic.org)  
[clevelandclinic.org](https://www.clevelandclinic.org)

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