



BRYN MAWR TERRACE

MAIN LINE SENIOR CARE ALLIANCE

A Healthy Tradition of Care and Wellness

9 Expert Tips for Eating Healthy During the Holidays

For those with dietary restrictions as well as those who just want to eat healthy, the holiday season can present some major challenges. With so many delicious foods and desserts to tempt us during the holidays, exercising restraint can be difficult for even the most strong-willed among us. Fortunately, however, there's help in the form of expert guidelines compiled by healthy eating specialists and experts on eating for those with dietary restrictions. Consider these valuable tips from "[Holiday Season Eating for People with Diabetes](#)," and "[5 Healthy Eating Tips for the Holidays](#)."

1. Don't arrive at your holiday gathering on an empty stomach! Although you may be tempted to skip lunch so you can splurge on dessert, *don't!* Eat breakfast or snacks earlier in the day and avoid the idea of saving carbs for the big feast later on. If you skip meals, it may be harder to manage your blood sugar.
2. Eat the *best-for-you* offerings first. For example, hot soup as a first course – especially when it's broth-based, not cream-based – can help you avoid eating too much during the main course.
3. Limit the number of servings of starchy foods on your plate during your holiday feast. It might be tempting to have some mashed potatoes, sweet potato casserole and rolls, however, try to choose just one of these items. Or just take a few spoonfuls or bites of each.
4. Choose fruits and vegetables served raw, grilled or steamed. Avoid vegetables in creams, gravies and butter.
5. Stick to calorie-free drinks such as water, tea, seltzer, or diet sodas instead of punch or mixed drinks. If you choose to drink alcohol, limit the amount and have it with food. Alcohol provides many calories and virtually no nutrients.
6. Avoid eating too many snacks. Save your calories for the main meal. Also, try not to sit within arm's reach of tempting snack foods.
7. Bring your own food. Contribute a healthy dish to your holiday gathering that fits your dietary restrictions to ensure there's something you can indulge in.
8. After your holiday meal, take a walk with family and friends. Exercise will also get you moving, keep you focused on your goals, and give you a welcome break from being surrounded by treats. Exercise is also a great way to lower your blood sugar levels.
9. If you overindulge, don't beat yourself up. If you eat more carbs or food than you planned for, don't think you have failed, just make a plan to get back on track the next day.

A Healthy Tradition of Care and Wellness

Located near Bryn Mawr Hospital, Bryn Mawr Terrace – part of [Main Line Senior Care Alliance](#) – has provided exceptional care and services to seniors and their families since 1966. It's a tradition we're proud to continue.

Today, Bryn Mawr Terrace serves as a Continuing Care Retirement Community (CCRC), offering a range of services – including [short-term rehabilitation](#), [traditional nursing care](#), [independent living](#), [personal care](#), [memory care](#), [restorative care](#) and [respite care](#) – all in a setting that is warm, welcoming and nurturing.



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For more information on Bryn Mawr Terrace and our variety of needs-based lifestyle services, please call us at 610.525.8300 or [contact us](#) online.

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