

Key Holiday Nutrition Tips for Older Adults

1. Mind Portions and Eat Slowly

- Use **smaller plates** to help control portion sizes without feeling deprived.
- Take time to chew and savor each bite; stop when you feel full.

2. Load Up on Vegetables

- Make **half your plate vegetables** — roasted brussels sprouts, green beans, or seasonal salad.
- Swap white bread or stuffing for whole-grain versions for more fiber.

3. Choose Lean Proteins

- Lean protein options are **turkey breast, chicken, or plant-based proteins** like beans and tofu.
- These options provide protein without excess saturated fat.

4. Balance Your Plate

- Combine **protein, healthy fats, and whole grains** in each meal to stay full longer.
- Include nuts, seeds, or avocado for healthy fats.

5. Stay Hydrated

- Aim for **6–8 glasses of water daily**, even during celebrations.
- Drink water before and with meals to help digestion and reduce alcohol intake.

6. Watch Sodium and Sugar

- Use herbs, spices, citrus, and low-sodium broths instead of excess salt.
- Choose fruit-based desserts or lightly sweetened options.

7. Adjust for Health Conditions

- If you have diabetes, hypertension, or heart disease, check labels for sodium and sugar.
- Consult a healthcare provider or dietitian for personalized guidance.
- Serve food in smaller dishes to reduce overwhelm.

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