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Fortunately, with a few helpful strategies you can enjoy all that the holidays have to offer, while still eating healthy too!

**Healthy Holiday Tips:**

* Portion Size – eat slowly and enjoy one serving of the holiday dishes
* Focus on your time spent with friends and family more than the buffet table!

[](http://www.google.com/imgres?q=christmas+salad&start=547&hl=en&sa=X&biw=1144&bih=675&tbm=isch&prmd=imvnse&tbnid=b-QLLIW_m7F7xM:&imgrefurl=http://www.shutterstock.com/pic-65052325/stock-photo-fruit-salad-in-hollowed-out-oranges-studded-with-cloves-for-christmas.html&docid=7gQ2vYnP4YOx9M&imgurl=http://image.shutterstock.com/display_pic_with_logo/535204/535204,1289749278,2/stock-photo-fruit-salad-in-hollowed-out-oranges-studded-with-cloves-for-christmas-65052325.jpg&w=300&h=470&ei=hX_KTq3zI9Gx0QGGv4mQDw&zoom=1&chk=sbg&iact=rc&dur=0&sig=110253875345605531319&page=33&tbnh=144&tbnw=92&ndsp=17&ved=1t:429,r:2,s:547&tx=35&ty=93)

* Dress up your table with some new and healthy foods.

Created by Lauren Levandoski, UW-Stout Dietetic Intern, November 2011.

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Exercise your Brain!

Unscramble the words

(Hint: think of your favorite holiday foods and ingredients. Good luck!)

1. ggerin \_ \_ \_ \_ \_ \_
2. erytku \_ \_ \_ \_ \_ \_
3. tisfugfn \_ \_ \_ \_ \_ \_ \_ \_
4. flees \_ \_ \_ \_
5. avrgy \_ \_ \_ \_ \_
6. ceksioo \_ \_ \_ \_ \_ \_ \_
7. iep \_ \_ \_
8. ngogeg \_ \_ \_ \_ \_ \_
9. uikppmn \_ \_ \_ \_ \_ \_ \_

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