![C:\Documents and Settings\leslie.fijalkiewicz\Local Settings\Temporary Internet Files\Content.IE5\I0LPHXKC\MC900056122[1].WMF]()It’s that time of year again…tis the season of overeating! With all the parties, large meals and extra treats, it’s no wonder many find it an impossible time to eat healthy.

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!



* 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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