

THE TWELVE TIPS OF CHRISTMAS

On the first day of Christmas, my dietitian said to me...

- Bring **One** dish to share
- **Two** alcoholic beverages
- **Three** yummy cookies
- **Four** fruits for snacking
- **Five** veggies each day
- **Six** feet from the buffet
- **Seven** days of exercise
- **Eight** glasses of water daily
- **Nine** ounces of protein
- **Ten** pounds we won't gain
- **Eleven** new choices
- **Twelve** counted blessings



These tips will help you stay healthy this holiday season. When going to a party, bring a dish centered around fruits and veggies to share and limit your portions of the sweet stuff. Try to incorporate one new healthy food once a month and then you will add more variety in your diet! Also, remember to count your blessings too!

Have a healthy holiday season and Merry Christmas!

