



Kentucky Public Health

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Eat Smart, Move More, Maintain, Don't Gain

52 Weeks of Public Health Spotlight: Healthy Holiday Eating



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FRANKFORT, Ky. (December 25, 2017) – As part of the 52 Weeks of Public Health campaign, the Kentucky Department for Public Health (DPH) within the Cabinet for Health and Family Services (CHFS) is sharing tips on how to Eat Smart, Move More, Maintain, Don't Gain this holiday season.

Eating healthy and sticking to your diet can be especially challenging around the holidays. The Kentucky Department for Public Health is offering some unique tips to help you enjoy all the holiday festivities while maintaining a healthy, well balanced diet.

During your meal planning and preparation, choose recipes that can be easily made in bulk. These leftovers make great options for weekday lunches or dinners as well as offer some extra savings during the holidays. When prepping your meals, always remember:

- Choose one or two simple recipes. For example, sheet pan fajitas or Greek chicken bowls;
- When grocery shopping, buy enough of the recipe ingredients (i.e. lean protein, whole grains, and vegetables) for five meals;
- Cook all the food at once (a large batch of brown rice, a sheet pan full of chicken and vegetables); and
- Portion the food into reusable containers and store in the refrigerator until needed.

While eating at home is always ideal, the busyness of holiday events makes grabbing a quick bite on the go or going out to dinner a more likely way to our meals. DPH recommends the following tips for eating out during the holidays:

- Share an entrée with someone else. The portions are often large enough to easily split a meal;
- Choose an entrée with lots of vegetables, as they contain fiber and other nutrients to help you stay full longer without going overboard on calories. The more vegetables the better;
- Ask the server to bring out a to-go box right when your meal comes. Pack half of it up before starting to eat. Save the rest for lunch the next day; and
- Don't be afraid to ask what is in your food and request changes. Order the way you want it.

For more tips on cooking healthy during the holiday season, check out the first series of [Cooking Healthy with Secretary Glisson](#).

Interested in learning more about healthy Kentucky lifestyle? Through our 52 Weeks of Public Health campaign, the Kentucky Department for Public Health will spotlight public health issues as well as highlight services and resources available to Kentuckians statewide. Follow us on [Facebook](#) for your weekly tip.