FOOD with PURPOSE

FOR THE good OF PEOPLE AND PLANET

HOLIDAY WELLBEING TIPS

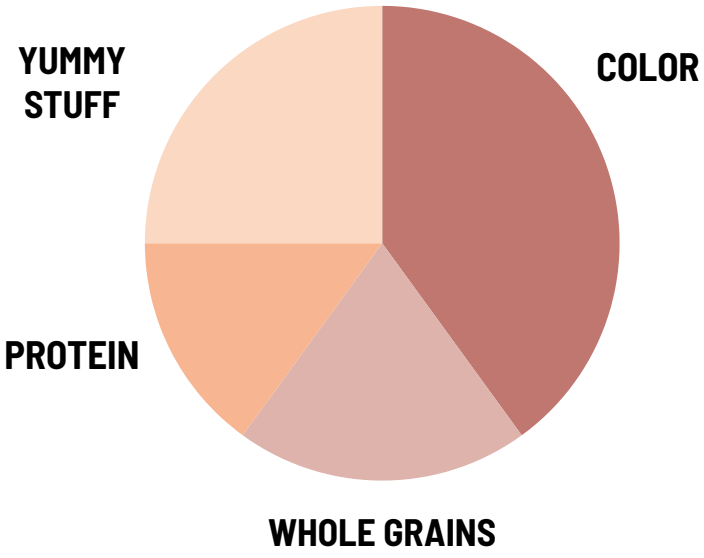
LEARN MORE AND FOLLOW OUR JOURNEY

INTRODUCTION

The holidays are meant to be enjoyed! You don't have to skip your favorite foods or traditions to support your wellbeing. A little balance, mindfulness, and self-care can go a long way.

BUILDING A BALANCED PLATE

- **Color** → Add another vegetable to stuffing, pasta, or casseroles
- **Whole grains** → Try whole-grain bread in stuffing
- **Protein** → Add nuts, beans, lentils, or lean proteins where they fit
- **Yummy stuff** → Enjoy your favorites!



QUICK TIPS

No skipping meals, sleep, or workouts
Prioritize yourself

Balance your plate
Include veggies, whole grains and lean proteins

Moderation is key
Use portion control

Eat mindfully
Slow down and savor each bite

Stay present
Enjoy the company of the people you're with

SMALL SWAPS, SAME HOLIDAY FAVORITES

Reduce Added Sugar

- **Marshmallow sweet potatoes** → Roasted sweet potatoes with cinnamon
- **Heavy desserts** → Baked fruit with nuts & spices

Reduce Saturated Fat

- **Sour cream** → Greek yogurt
- **Dark-meat turkey** → White-meat turkey

Reduce Sodium

- **Salt** → Herbs, spices, garlic & citrus