



Jeb Bush  
Governor

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Secretary, Department of Health

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**PINELLAS COUNTY HEALTH DEPARTMENT**

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**FOR IMMEDIATE RELEASE**

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## Tips for Making the Holidays Healthy

As the busiest part of the holiday season approaches, the Pinellas County Health Department reminds you that your holidays can be both happy and healthy. Here are some tips:

**Jump-start the day!** Prepare a healthy breakfast or brunch on the day of your special celebration meal to eliminate unhealthy snacking or overeating at “the big event

**Beware of beverages.** Drink more water and less soda and sugary punch. You’ll want to save your calories for the “good stuff” like turkey and cranberry sauce!

**Prepare for the snack attack.** Get ready in advance and offer fresh fruit and vegetables instead of chips and dip when entertaining.

**Out of sight, out of mind.** Don’t keep candy and fresh-baked cookies and cakes in view on the counter. Instead, put them in a bakery tin or on the top shelf of the pantry. Replace the cookie jar with a basket filled with tasty seasonal fruit..

**Think outside the box.** Prepare low-fat alternatives to high-fat foods. For example, use margarine and low-fat sour cream in mashed potatoes. Offer low-fat ice cream or whipped cream as toppings for desserts.

**Less is more.** Eat smaller portions so you can still enjoy your favorite foods – without feeling guilty! Splurge on vegetables – including sweet potatoes – and lean meat, such white meat turkey and trim out the high-fat and high-sugar foods such as gravy and desserts.

**Get physical.** Help a neighbor decorate for the holidays. Do something different like building a “Florida snowman” out of old sheets. Park in one spot and walk to the stores.

By focusing on creating healthy holidays, you’ll enjoy this season more than ever! For more holiday tips, visit [www.PinellasHealth.com](http://www.PinellasHealth.com).

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*The mission of the Pinellas County Health Department is to promote, protect and improve the health and safety of residents and visitors through public and private community efforts.*