





# 5 Hacks for a Healthy Holiday

## Come to your party with plan




Eat as close as possible to your typical eating times. If your meal is served later than you're used to, eat a small snack to keep blood sugars steady. Try not to skip meals to "save your stomach" for the party. If it's a potluck, offer to bring a healthy dish.

## Fit in favorites




Take advantage of the holidays and choose the dishes you really love and can only get at this time of the year. Slow down and savor a serving of that dish.

## Navigating uncomfortable conversations




For some, holiday gatherings may involve intrusive and anxiety-producing comments from loved ones. If you are anticipating uncomfortable questions such as relationships, have someone ask the inquisitor to stop on your behalf ahead of time. You can also try crafting some responses ahead of time ("Oh, I haven't met the right person yet, but you'll be the first one to know").

## Stay active



It may be hard to fit in physical activity during the holidays, but do not cancel it out! Staying active can help boost our mood and reduce stress at this time of the year. Try taking a walk with your love ones before or after the big meal.

## Consistent sleep



Holidays are a special time when you can connect with loved ones, however this might mean going out and sleeping later. Make a plan so you know what time you're leaving to maintain at least 7 hours of sleep per night.

<https://www.cdc.gov/diabetes/library/features/holidays-healthy-eating.html>  
<https://www.nytimes.com/2023/11/17/well/live/thanksgiving-awkward-conversations.html>



Boston University Chobanian & Avedisian School of Medicine  
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### Don't forget!

**Sargent Choice Nutrition Center** offers nutrition services ranging from thoughtful eating recommendations to individual nutrition counseling for BU medical students.