

## 7 Tips for Healthy Eating for the Holidays

I want to wish you a happy Holiday season and leave you with a few health tips for the holidays:

1. **Take some healthy food with you when you visit others** - grapes, carrots, apples etc.
2. **Do your best to not over eat** - eat slowly and take short breaks during meals.



3. **Don't go crazy with food combining - don't mix:**
  1. Acid fruits (citrus, pineapples, sour fruits etc) with sweet fruits (bananas, grapes, dried fruits)
  2. Fruits with vegetables (except lettuce and celery with fruit)
  3. Dont mix dairy with most fruits especially citrus
  4. Don't combine proteins (nuts, tofu, spouts, meat) with starches (gains, beans, starchy vegetables, legumes)
  5. Dont eat two proteins at the same meal
  6. Eat melons alone
7. **Avoid ice cream and cold water** - it cools the digestive system and leads to poor digestion.
8. **Don't drink your calories.** There are lots of calories in sodas, alcohol and even fruit juice so it's best to drink water between meals.
9. **Don't eat continuously** - after each meal wait a least 3 hours to eat your next meal so your digestive system has time to recover and get ready for more food (avoids indigestion).
10. **Alcohol:** If you are drinking alcohol have some nuts or goat cheese at the same time to slow down the absorption of the sugar and to protect the intestinal tract.