

HEALTHY TIPS FOR CELEBRATIONS... THE GIFT WE BRING YOU THIS CHRISTMAS!



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It is important to know the unhealthy practices that could affect us at the holiday season. Some situations that may occur are:

- Larger than usual portions are consumed; some people also increase or include alcohol intake during holidays.
- Mealtimes and frequency are out of the norm.
- Desserts are present in most celebrations.
- There are "picadera" hors d'oeuvres at most celebrations.
- Many of the gifts given to families and friends tend to be high-calorie desserts or drinks (coquito, tembleque, etc.).

Don't eat everything at once. Please make a healthy decision-making during these days. Think of the next Christmas menu to remember to moderate portions and save some food for another time of the day.

Example of a typical Christmas menu

Rice with "gandules"- 1/2 cup - 198 calories	Cakes - 1/2 cake - 250 calories
Potato salad - 1/2 cup - 196 calories	Bread Rolls - 2 oz - 80 calories
"Guineítos en escabeche" - 1/2 cup - 170 calories	"Morcillas" - 2 oz - 145 calories
Pork - 3 oz - 395 calories	"Tembleque" - 4 oz - 231 calories

This menu adds up to a total of 1,200 to 1,300 calories approximately; this is often the caloric requirement of a full day for some people. Another important fact to know is that 3,500 calories ingested are equivalent to 1 pound increase. What if you had 2-3 meals like this a day at each of your meetings or parties? You could gain a lot of weight, and this would bring serious problems to your health!

Enjoy with your family and friends. Some tips for maintaining health during this season are:

- Sing and dance during the parties as actively as possible.
- Integrate family activities such as games where body movement is heavily involved.
- Play with the youngest members of the family; they will keep you in constant motion.