

HEALTHY HOLIDAY MEALS & SNACKS

The holidays are a special time of year, especially for children! Holiday gatherings are a time to enjoy time with friends and family and of course, participate in traditions and of course, eat delicious food!

Unfortunately, many popular holiday meals and snacks have large amounts of saturated fat, cholesterol, sodium and/or added sugar, which are not beneficial for children's health.

To support children's health during holiday gatherings:






DON'T

- Restrict children from indulging in holiday meals and snacks
- Avoid labeling food as "bad" or "good" since this can create unhealthy eating habits

DO

- Offer healthy choices in addition to indulgent holiday meals and snacks
- Allow children to decide how much they want to eat from their plate
- Understand that children can be excited and overwhelmed, sometimes impacting what they eat and how much they eat

Healthy choices include nutrients such as **fiber**, **protein**, and **unsaturated fat** ("healthy" fat), which children need to grow and develop.

Indulgent Choice	Healthy Choice to Offer in Addition
Honey glazed ham	Poultry or seafood 
Macaroni & cheese	Rice or quinoa 
Latkes	Baked potato wedges with skin on
Dinner rolls	Whole grain dinner rolls and crackers
Pies	Fruit tray with yogurt dip 
Eggnog (alcohol-free)	Low-sugar hot cocoa
Holiday punch (alcohol-free)	100% juice and water
Gelatin salad	Sugar-free gelatin shapes 
Meat & cheese trays	Cut up vegetables with hummus
Cookies & candy	Honey roasted nuts* 

*Peanuts and tree nuts are a top allergen for children.

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