

KEEPING INFLAMMATION DOWN OVER THE HOLIDAYS

STRATEGIES FOR A HEALTHIER FESTIVE SEASON



WHY FOCUS ON INFLAMMATION?

The holidays often bring richer foods, more alcohol, higher stress, and irregular routines - all of which can increase inflammation.



Increased inflammation may lead to:

- Weight gain
- Disturbed sleep
- Joint pain
- Low energy

PRIORITIZE

Vegetables: leafy greens, Brussels sprouts, broccoli, carrots, beets

Fruits: berries, citrus, pomegranate, apples

Healthy fats: olive oil, avocado, nuts, seeds

Lean protein: turkey, chicken, fish, legumes

Herbs & spices: turmeric, ginger, garlic, rosemary, cinnamon

LIMIT

Fried foods

Processed foods

Excess sugar (cakes, candy, pastries)

Refined carbs (white bread)

Sugary cocktails & excess alcohol

HELPFUL PARTY TIPS

- Fill half your plate with veggies
- Add protein to stabilize blood sugar
- Drink 1-2 glasses of water in between alcohol
- Bring your own healthy dish to share!

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SIMPLE LIFESTYLE HABITS

- 6-8 cups of water daily
- 10-15 minute walk after meals
- Deep breathing / stretching / meditation
- Aim for 7-8 hours of sleep

SAMPLE MEAL DAY

Morning

- Lemon water
- Oatmeal + berries + walnuts
- Vitamin D + Omega-3

Mid-Day

- Veg-heavy meal + lean protein
- Ginger tea

Evening/Event

- Protein snack before going
- Fill plate ½ veggies
- Alternate drinks with water
- Magnesium before bed



REMEMBER!

- Water between drinks
- Veg + protein first
- Add ginger/turmeric
- Take Vitamin D & Omega-3
- Walk after meals
- Limit sugar & processed foods
- Protect sleep

