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# 6 tips to help you maintain good habits

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THE holidays causes us to eat more than we should and in some cases the strongest-willed person are the ones reaching for another festive goodie. After all, it is a time to celebrate with great company, irresistible foods and new memories.

If you are one of those people who find it hard to stay consistent with your diet and eating habits, well, not to worry here are five tips by website [www.mayoclinichealthsystem.org](http://www.mayoclinichealthsystem.org) that can help you maintain your healthy habits throughout the holidays.

### 1. Embrace eating in

Try to prepare more meals at home. Start by having the ingredients for healthy meals at hand.

When shopping, fill most of your cart with foods from the perimeter of the store, such as fresh or frozen fruits and vegetables, lean meats, fish, seafood, eggs and low-fat dairy.

Add in healthy middle-of-the-store items, including whole-wheat pastas, grains, seeds, nuts, beans and wild or brown rice.

Make a meal look festive by covering half of your plate with fruits and vegetables.

### 2. Don't skip breakfast

A balanced breakfast is an integral part of any daily diet. For kids, breakfast is necessary to provide energy for the brain and body.

Skipping breakfast — or any meal for that matter — doesn't help adults either.

Studies show that those who eat balanced meals throughout the day have a higher metabolism and better appetite control.

### 3. Jettison the juice

Most juices contain added sugar, providing unnecessary calories to your child's diet. Kids benefit much more from fresh fruits and vegetables, which offer natural sweetness, along with fiber — and they're fun to eat.

This advice applies to adults too.

### 4. Stay active

Choose fun, aerobic activities, such as ice skating or sledding with friends and family.

If you prefer a warm fire to cold winds, seek out indoor activities, like shooting baskets at your local gym or working out on exercise equipment.

### 5. Strive for balance

Combining healthy foods, regular exercise and adequate sleep will help you build and restore your energy reserves and reduce stress.

The outcome?

You'll feel better and more grounded to withstand the rush of the holidays.