

Mayo Clinic Minute: A healthy approach to holiday meals

Video	Audio
Donald Hensrud, M.D. Healthy Living Program Mayo Clinic	Holiday gatherings may look a little different this year because of COVID-19. While many won't be attending big family gatherings or holiday parties ... "... We still have the usual things to deal with — a lot of calories, a lot of food — and we've got other stresses to deal with. So, it may not be easy for many people."
	Dr. Donald Hensrud says there are things people can do to make the holidays a little healthier.
	"Remember the old tried and true, try and take a walk during the day before a big meal."
	"Keep some activity in your schedule and that can help deal with the high-calorie meals."
	When it comes to big holiday meals, you don't have to sacrifice taste or go hungry to manage healthful eating. Dr. Hensrud offers a suggestion.
	"Make the same old things that may be high in calorie and watch the portion size. Another one is substituting ingredients. Instead of adding a lot of sugar, add banana to a baked dish or something like that, or applesauce. Another is to make sure and serve the healthy foods along with some of the higher-calorie treats that we enjoy."
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.