

Mayo Clinic Minute: Reset your eating habits after the holiday

Video	Audio
	Is your refrigerator holding onto holiday leftovers? Andrea Delgado, a Mayo Clinic dietitian, says it's OK to let them go.
Andrea Delgado Dietitian Mayo Clinic	"What we want to do is, if we have any remaining food items or beverages that lingered after the holidays, we want to get rid of them."
	Either throw leftovers away or slowly eat them in smaller portions.
	"We also want to slowly regress back to our old habits, start introducing vegetables and fruits with most meals."
	And pay attention to your food portion sizes.
	"We don't necessarily have to go on a diet. We don't necessarily have to eliminate all of our foods. We just want to look at the portion sizes and the frequency that we have these foods."
	Opt for lean protein, whole grains and fresh produce in your diet, still allowing for an occasional treat.
	"With nutrition, there is no all or nothing. We can still enjoy those nice treats, those good desserts, those savory beverages. It's all in how much and how often we are having them."
	For the Mayo Clinic News Network, I'm Jason Howland.