



# Holiday Alcohol Tips

## How to feel better after indulging

If you are going to indulge this holiday season (or anytime), it's best to be strategic about it. Doing so will help stop your blood sugar from crashing...leading to a potential better night (possibly less of a chance of waking up in the middle of the night) and a better next day (yay for no hangover!).

Always pair a cocktail with food! It's always best to have it with a full, balanced meal if you can. The combination of healthy fat, protein, and carbohydrate will slow the negative effects of alcohol and help your body process it easier.

Keep in mind these tips are suggestions when drinking in moderation. A big night of partying may not be any match for these tips!

### Pair Your Drinks With...



- A full, healthy meal that includes protein, carb, and healthy fat.
- Healthy fats like avocado, cheeses, and nuts.
- Fiber from vegetables like hummus/guacamole with veggie slices, vegetable appetizers like roasted brussel sprouts.
- Protein like cheese, meat plates, chicken, lettuce wrap burgers, etc.

### Not-So-Good Strategies



- Drinking alcohol...
  - by itself!!
  - just with fruit!
  - a meal with starches like potatoes, pasta, and bread
  - dessert
- Drinks back-to-back, with no water in between.

### General Strategies/Tips



- Wait to drink until right before your meal or appetizers are ready and sip while you eat.
- Make a cheese and meat platter to go with it if you aren't going to be eating a meal!
- Indulge once a week with your favorite healthy meal!
- Drink a glass of lemon water before and after each drink to help support your liver in doing its job to process it.

I made this printer-friendly so that you can easily access it anytime! Take a picture of this with your phone for quick reference when not at home!  
I hope you have a really enjoyable holiday season! ☺