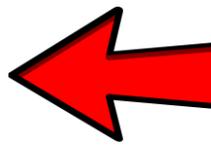


Calories in one serving of peppermint eggnog punch

Percent of Americans who are overweight or obese



688

Minutes it takes to burn off said eggnog, running 6 mph NONSTOP



62

Calories in one hot buttered rum



459



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Wine is always faithful

Red wine comes with powerful antioxidants: flavonoids and resveratrol. Research suggests these nutrients have positive anti-inflammatory effects that could help slow the progression of Alzheimer's disease & can help reduce the risk of developing macular degeneration (the leading cause of blindness in people over the age of 55!). **Tip:** Add extra nutrients to your wine by combining cranberries, pomegranates, apples and oranges, along with cinnamon sticks, mint, and rosemary sprigs for garnish! Or, try a mulled wine with spices and raisins.



Choose drinks without a cream base

Gravitate toward those drinks with club soda or diet soda as the base. Try out a fun new holiday flavored vodka such as pumpkin pie, peppermint bark or salted caramel and mix with club soda! **Tip:** Skip the simple syrup, chocolate or caramel syrups. Add in some holiday cheer with fruit, muddled mint or cucumber, ginger, or cinnamon sticks. Create your own drink rather than ordering off the fancy drink menu.



Drink more...water

Aim to drink 8 ounces of water for every alcoholic drink consumed. This helps prevent dehydration, which can result from a night of holiday drinking. Pacing yourself with water can also prevent overeating due to the satiety effect (feeling full) that is accompanied by a glass of water. **Tip:** Try sparkling water with a splash of grenadine or throw some fruit in there to make it look fancy. No one has to know your libation is for hydration and overeating prevention only!

**Cassandra Golden is a Licensed Dietitian Nutritionist believing in the magic of strategic party planning instead of avoiding all holiday foods.**

Be advised that soda and diet soda aren't being deemed as "healthy" by any means. Comparatively speaking, these options are a better choice than a glass full of heavy cream, sugar and egg yolks. Likewise, it is not suggested that drinking alcohol is a healthy activity. I remain firm in the recommendation of up to one drink per day for women and up to two drinks per day for men, as stated by the CDC.

[www.CassandraGolden.com](http://www.CassandraGolden.com)

(239) 9102154

[NutritionNibbles@gmail.com](mailto:NutritionNibbles@gmail.com)