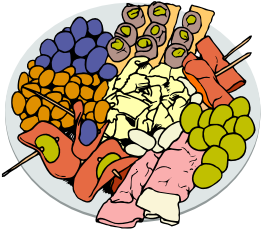


5 TIPS FOR HEALTHY HOLIDAYS

① EAT HEALTHY



- ◆ If you're tempted to snack on holiday goodies like cookies, candy and nuts, balance these treats with healthy, low fat meals.
- ◆ Have a low calorie snack (yogurt, broth, or salad) before you go to a party or holiday celebration to curb your appetite.
- ◆ Take just a "taste" of your favorites. Listen to your body for fullness since overeating can ruin the experience of a wonderful meal.

② EAT SAFELY

- ◆ *When In Doubt, Throw It Out!* Follow the "Two Hour Rule": discard foods once they've been at room temperature for more than two hours if they were heated or refrigerated before being served.
- ◆ Don't cross-contaminate by using the same cutting board and knife to prepare raw meat, fish or poultry and other foods.
- ◆ Wash your hands before preparing or serving any food, after using the bathroom, or sneezing and coughing into your hands.

③ BE ALERT TO DEHYDRATION

- ◆ Thirst is not always an accurate indicator of dehydration - your body needs more fluids long before you feel thirsty.
- ◆ Drink at least 8 glasses of liquid a day such as water, seltzer, juice, herb tea or decaf coffee, soup or low fat milk.
- ◆ Since they are mild diuretics (substances that remove fluid from the body), alcohol and caffeine in coffee, tea and colas are not as helpful in reducing dehydration.

④ DON'T DRINK & DRIVE

- ◆ Try non-alcoholic alternatives (fruit punch, a "Virgin Mary", sparkling water with a twist, non-alcoholic beer or wines), especially if you are the designated driver.
- ◆ Remember that some medications including sedatives, decongestants and many cold preparations can also cause drowsiness. Combined with alcohol, the effect is amplified.
- ◆ Exercise, fresh air, black coffee or a cold shower will not make you sober. Although you may feel more alert, only time will make you a sober, safe driver.



⑤ REMEMBER PERSONAL SAFETY

- ◆ Don't overload yourself with packages or bags - be willing to drop them if you are being followed. Be wary when strangers offer to carry your packages or groceries.
- ◆ Carry a minimum of cash in your wallet or purse. When making a withdrawal or cashing a check, put your cash away before you leave the teller's window. Avoid outdoor, exposed ATM machines.
- ◆ Ladies: do not hang your purse on a door hook or the floor of a public restroom - keep it on your lap.