

Holiday food traditions reconnect us with healthy habits

By Ellie Krieger, Washington Post

At first glance, the holiday season seems to be anything but healthy, with its piles of party food, elaborate dinners and cookies, cookies, cookies. But underneath that candy-cane coating is a surprisingly nourishing core.

You see, good nutrition is much more than what we eat and the grams of saturated fat or sugar a food has. It is also, maybe more importantly, about the way we eat and how we approach food.

If you look a little deeper, you can see how the underpinnings of our holiday food traditions may help us reconnect with healthy habits that would serve us well throughout the year.

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