As school is about to dismiss for Christmas vacation, the office of the Healthy Campus/Community Initiative wanted to share eight tips that we found at www.livestrong.com on how to eat healthy during the holidays.

Step 1: Eat a healthy breakfast on Christmas morning. Include at least one fruit or vegetable and some protein such as eggs or nuts. This will help stave off hunger and prevent overeating high-calorie snacks while waiting for the big lunch or dinner to be served.

Step 2: Bring a nutritious dish to the festivities. Offer beforehand to provide a salad or vegetable dish so you can be assured that there will be at least one healthy item at the meal.

Step 3: Pack a snack to bring with you in case you can’t find anything healthy to nibble on between meals. An apple or orange and a small bag of nuts make a good portable snack.

Step 4: Consume a healthy snack or small meal every three to four hours throughout the day. This helps keep blood sugar levels stable and is much healthier than consuming a single large meal.

Step 5: Load your plate with healthy options first. Instead of heading straight for the calorie and fat-laden side dishes, choose some lean turkey or ham and vegetables for your first plate. You can have some higher-calorie options when you’re ready for seconds and already somewhat full.

Step 6: Drink a glass of red wine with your Christmas dinner. Red wine is high in resveratrol, a phytochemical that helps fight heart disease and cancer. If you don’t drink alcohol, try a glass of grape juice or just have plain water instead.

Step 7: Practice portion control. Instead of completely depriving yourself of the high-calorie options, try a single piece or just one bite, enough to get a taste, but not enough to leave you feeling stuffed.

Step 8: Have a cup of tea before, or even in place of, dessert. Tea has loads of antioxidants, and the liquid will fill you up, making it less likely you will gorge on cake, pie, and candy.

Enjoy your holiday break with your family and friends. Be sure to get outside for some fresh air and exercise as often as you can.