

Tips for Healthy Digestion This Holiday Season



Between filling dinners and stockings full of candy, it's all too easy for people to develop a not-so-jolly stomachache during the holidays. Try these tips to promote healthy eating and digestion throughout the new year.

Limit sugar intake.

It's OK to indulge in holiday sweets, but too much sugar can mess up appetite and digestion. Alternate sweet treats with healthy snacks, such as almonds and apple slices.



Drink plenty of water.

Hydration is essential for healthy digestion. Drinking water with every meal (and in between) can help prevent constipation.



Go for the grains.

Whole grains are a great source of fiber, which prevents constipation. Try oatmeal or granola for breakfast to help ensure you get enough fiber in your diet.



Don't skip meals or snack time.

Holidays are hectic, especially if traveling is involved. But sticking to regular meal schedules can prevent overeating. Consuming smaller meals instead of one large one can also help prevent indigestion.



Stick with sides.

Limiting the fried and red meats while piling your plate with plenty of vegetable side dishes can help ensure you get plenty of fiber, along with all the bonus nutrients vegetables provide.



Go for a walk.

Exercise is a great way to get the digestive system moving after heavy meals.

If you are having ongoing issues with constipation, indigestion or nausea, it's time to talk with a doctor:
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