

Christmas Foods



The holiday season has arrived! It's a time of celebration, family gatherings, and traditional foods. Although these days often include many desserts and typical dishes, it's possible to enjoy them while maintaining healthy habits. You don't need to eliminate your favorite foods. Just look for balance. Consider everything you eat throughout the day, including meals and snacks, to avoid overeating. It also helps to spread out your meals and plan your little "treats" to maintain balance.

General Recommendations:

- Avoid skipping breakfast and choose low-carb options.
- Avoid eating all holiday foods in one meal.
- Include fiber-rich foods in every meal and snack.
- Make small recipe changes by replacing high-fat, high-sugar, or high-sodium ingredients with healthier alternatives.
- Keep each meal under 600–700 calories.
- Include vegetables and use dressings sparingly.
- Get at least 30 minutes of physical activity daily.
- Be mindful of alcoholic drinks and coquito (a traditional Venezuelan drink).
- Dance, you can burn calories just by dancing salsa or merengue.

Enjoy your holiday meals without guilt.

Use the following portion sizes and information as a guide:

Typical Christmas Meals	Calories
Combo #1 Roast Turkey (2 oz) + Rice with Pigeon Peas (½ cup) + Lettuce and Tomato Salad (1 cup) + Sweet Rice (3"×2" piece)	Approx. 488 calories
Combo #2 Roast Pork Leg (2 oz) + Boiled Root Vegetables (3 small pieces) + Fresh Green Salad (1 cup) + Coquito (2 oz) + Coquito (2 oz)	Approx. 485 calories



Typical Christmas Foods and Desserts	Calories	Typical Christmas Foods and Desserts	Calories
1 pastry pie (3"x5")	450	3 ounces of roasted suckling pig	200
1 cup of rice with pigeon peas	395	Pork leg (portion varies)	390
½ cup of pickled green bananas	285	4 ounces of coquito	300
½ cup of potato salad	186	Sweet rice pudding (3" piece)	190
1 cup of macaroni salad	260	½ cup of tembleque	175
1 piece of blood sausage (2")	195		

If the suggested portions don't satisfy your hunger, you can add a little more protein, such as pork without the rind or turkey without the skin.

General recommendations for proper food handling:



Referencies:

<https://ensalud.net/dieta-saludable-y-balanceada-en-navidad-si-se-puede-2/>

<https://www.elnuevodia.com/estilos-de-vida/nutricion-y-ejercicios/notas/menu-navideno-boricua-los-alimentos-mas-caloricos/?templateId=OT3HWJU9FRSI&templateVariantId=OTB2HAZL1TSY&experienceID=EX10ZRKRQLDE>

Prepared by Licensed Health Educators.

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Social and Emotional Aspects

For recommendations, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during and after your treatment, please visit your primary care physician or contact the following phone lines:

Medical Advice Line 1-844-347-7801

TTY/TDD 1-844-347-7804

APS Health 787-641-9133