



Department of Health
Agency of Human Services



For a Healthier 2011: Celebrate the Season with 'All Things in Moderation'

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Media Contact: Communication Office
802-863-7281

BURLINGTON – The ancient Greek philosopher Epicurus – who lived to be 71 years old, nearly double the average life-expectancy for his time period (341 BC to 270 BC) – once famously said, “Be moderate in order to taste the joys of life in abundance.”

In the spirit of moderation, the Vermont Department of Health is offering tips for eating healthy, and drinking alcohol responsibly – or not drinking at all – as we celebrate the holidays and usher in 2011. Even small changes in diet and drink can lead to long-term, positive results that can lower your risk of life-threatening conditions such as heart disease, diabetes and certain cancers.

To help give the gift of a healthier longer life, to yourself and others:

- Make non-alcoholic beverages available at parties and family gatherings.
- If you drink alcohol, drink slowly (no more than one standard size alcoholic beverage in an hour) and eat food while drinking.
- Never drink and drive, or allow anyone else to do so. This is never safe, no matter the amount of alcohol consumed.
- Do not mix alcohol with medications.
- Moderate your drinking to no more than one drink per day for women, or two drinks per day for men.
- Remember that alcohol is also high in calories.
- Fill your plate with fruits and vegetables first —they fill you up and are low in calories.
- Skip the buffets.
Move more.
- Turn off the TV.

For more information on ways to kick-start a healthy new year, visit www.healthvermont.gov.

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Vermont Department of Health | 108 Cherry Street | Burlington, VT 05402
Voice: 802-863-7200 | In Vermont 800-464-4343 | Fax: 802-865-7754 | TTY/TDD: Dial 711 first
Health Care Provider Infectious Disease Reporting: 802-863-7240 or 800-640-4374
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