

CGH #022: Healthy Eating For The Holidays | Allan Besselink

Written by Allan Besselink

Tuesday, 24 November 2009 22:39

Join me on BlogTalkRadio on Tuesday November 24, 2009 at 8:00 pm central time for the latest episode of "Consumer's Guide To Health". The holiday season is rapidly approaching. You've been active and maintaining a healthy diet, but how do you survive the holidays? Some simple nutritional concepts can help you not only survive the holiday season, but enjoy it along the way! This episode's guest is **Marsha Beckermann**, registered dietician and former Food Coach for the University of Texas athletics program.

The BlogTalkRadio call-in number is 646-929-1567. You can listen online at <http://www.blogtalkradio.com/abesselink> and also download this and previous episodes here as well.

Join us for some healthy tips for healthy eating during the holidays!