

## EATING TIPS FOR A HEALTHY HOLIDAY SEASON

It is very common for many people to gain a few pounds between Thanksgiving and New Year's Day. Food is an important part of many holiday gatherings. Perhaps holiday overeating is caused by consuming all the tempting treats available during the season or by the pressure to eat from family, friends or co-workers. It may also be caused by the increased emotional eating from stress, boredom, or joy. Whatever the reasons, consider the following tips to help you enjoy a holiday season without gaining too much weight.

**Remember: MODERATION IS KEY!**

**Focus on weight maintenance vs. weight loss during the holidays.** If you are currently overweight and want to lose weight, this is not the time for weight loss. Don't set yourself up for failure by making unrealistic goals.

**Be physically active every day.** This will help relieve stress, regulate appetite and burn the extra calories from holiday eating.

**Don't go to the party hungry.** This will cause you to overeat. Before leaving home, eat a light snack that contains a small amount of protein. For instance, try eating a thin layer of peanut butter with apple slices, or a container of yogurt or a piece of string cheese.

**Watch portion sizes.** Choose smaller portions so that you can sample the different foods being offered. MODERATION IS KEY.

**Be mindful to limit high fat items.** Limit fried foods, cream based soups, cheese filled casseroles, processed meats, and baked goods.

**Choose beverages wisely.** Try "light" versions of eggnog. Alcohol is high in calories. Enjoy one alcoholic beverage then switch to soda water with lime.

**Don't pass up favorite foods or deprive yourself completely. MODERATION IS KEY!**

**Plan meals ahead of time.** You will have additional demands on your schedule during the holiday season, so the more organized you are, the better off you will be.

**Don't park yourself near the buffet table.** If you place yourself close to the food, you are more likely to eat "mindlessly."

**Substitute healthier ingredients when baking.** For instance, use applesauce in place of oil when baking holiday breads, or use nonfat yogurt in place of sour cream.

**Focus on the true reason for the holidays.** Spend time with family and friends. Enjoy this time with your loved ones.

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