Maintain Your **Weight** During The Holidays

Surviving Holiday Parties

- Eat something healthy before going out to social gatherings. This will make you less likely to indulge while at the event.

- If you can predict you are going to consume extra calories at a party, then plan ahead. Make sure you balance out any additional caloric food consumption with adding exercise to your schedule. Keep your "calories in" and "calories out" balanced.

- Spread out your meals through the day. Try to eat 6 or 7 smaller meals instead of 1 or 2 larger meals to prevent extreme hunger thus overeating.

- Control the risk of temptation when snacking on holiday candies or cookies. Think every time you eat one its between 40-200 calories each! That can add up quickly…

- To prevent that "sluggish feeling" during the holidays, avoid overeating. Feeling sluggish will make you less likely to exercise and is a sure fire recipe for holiday weight gain.

- Always leave time in the day for yourself to de-stress and enjoy the holidays.

- Try using a smaller plate to keep portions under control.

- If using a regular sized dinner plate during a meal, leave a clear space between foods placed on the plate. If a healthy – low fat salad is part of the meal, include the salad portion on the primary dinner plate.

- Dessert? Focus on low fat choices such as fruits, Jell-O, ginger snaps, or low-fat muffins.

- Restrict the amount of juice, soda, and alcohol you intake. Some drinks are LOADED with calories! This coupled with eating more will only increase your caloric intake and your waist.

- Drink plenty of water. It will keep you hydrated and full. There are zero calories in water which may allow a few extra food calories without going overboard. Drink water with your holiday meals or your party snack plates.

- Understand that saying no to food offered is acceptable.

- If the party is a pot-luck, bring something healthy as your food dish. Bring a decorative fruit tray, a low fat dip or hummus with veggies, grilled chicken bites, etc.