

Maintain Your **Weight** During The Holidays



Nutrition For The Holidays

Don't Overindulge

When going to a tempting holiday buffet full of high-calorie dishes, plan ahead to keep yourself from eating more than you should. Carry a healthy dish to holiday parties. This will give you at least one healthy dish you can choose from.

Be Selective

Eat the dishes that are only around during the holidays in moderation. Stick to the healthier options to balance out your diet through the day. Select foods such as raw vegetables and low-calorie dip or boiled shrimp with cocktail sauce instead of fried or high-fat creamy appetizers.

Limit Your Fast Food Options

Prepare meals in advance that can be easily stored in the fridge or freezer.

Prepare for eating healthy during holiday shopping

If you will be "eating on the go", then bring a snack bag with you during your shopping adventure. Items such as fresh sliced fruits and veggies, hummus cups with low calorie crackers, granola, cheese sticks, fruit cups, etc. are excellent options and can be easily stored. If you are going through a fast-food drive thru, focus on selecting items from their "healthy foods" choices.

Watch For Excess Beverage Consumption

Drinking to a toast or having a few drinks is fine, but limit the amount consumed to cut back on excess calories. Water is a zero calorie option that not only is filling but will allow a few extra food treats by skipping the soda and juice.

Lighten Up Meals That Are Prepared

Prepare meals with healthier options such as selecting skim milk and low-fat cheese, using less salt, and using fruit juice for sweeteners.

Keep portion sizes in mind

A traditional holiday meal can add up to more than 3,000 calories.

Watch Calories Consumed During Food Preparation

Sneaking and "taste testing" while preparing foods counts as calories. These may be considered as hidden calories and can quickly add up.

