



Healthy Holiday Eating Tips

If you feel you are in a social whirlwind and find your best "nutritional" intentions shattered by holiday gatherings, you are a typical American. We average two to three "special occasions" per week. Many Americans gain 5-7 pounds every year over the holidays. However, take heart, these fun activities do not have to mean a weight disaster.

AN ATTITUDE CHANGE

One of the reasons you gain weight at these occasions is lack of moderation. Now that does not mean restraining from eating all of the time and leaving the parties feeling deprived and hungry. It means developing healthy eating habits throughout the year so the need to go wild at the special occasions will not be there. If you only allow yourself to eat cake at holiday gatherings; for example, you will probably help yourself to cake at every gathering - even when you do not really want it. However, if you give yourself permission to eat cake when you want it - throughout the year - you will not feel compelled to "indulge" at the holidays, and you will not feel deprived. When you stop worrying constantly about what you should or should not eat, you will feel surprisingly free! At your wonderful holiday and social events - focus your attention on socializing and positive relationships instead of the many food options and you will be less likely to overeat.

- Take along a food you love and can nibble on (veggies and low fat dip, popcorn, low fat yogurt, fruit etc.)
- Fill up on the healthiest foods and savor a smaller portion of the less healthy foods.
- Avoid thinking about the food before the party, during the party and even after. You will make yourself hungry.
- Do not stand by the food. Focus on conversations.
- Sip a low calorie drink and fill up with salad or veggies to take the edge off your hunger.
- Be aware that alcohol increases your appetite and lowers your inhibitions. This could make you care less about making wiser food choices.
- Plan to exercise.



You are in control of your lifestyle and you can choose whether these special eating activities are to be your downfall. With a little planning and a desire to focus on the fun and not the food, you can sail through these adventures unscathed.

YOU ARE WORTH IT!