



## **10 Ways to Maintain Your Weight Over the Holidays**

- 1. Plan ahead:** If you know you will be eating in a holiday or party setting, make smart choices before the party. Have a snack at home, such as a piece of fruit or dry cereal. Feeling hungry can sabotage your efforts.
- 2. Just a taste:** Be selective and choose foods you really want. Often just a taste will satisfy cravings. Remember to socialize away from the food to decrease nibbling.
- 3. Conversation is calorie free:** Take the time to meet and enjoy people. Join the festivities and remember that the holidays are a celebration of family and friends.
- 4. Drink to your health:** Limit high calorie beverages such as eggnog, champagne, wine and alcoholic drinks. Try sparkling water, seltzer or diet soda instead. Alcohol stimulates the appetite and quickly adds extra calories.
- 5. Burn it up!** After a holiday meal take a walk. Walking burns calories and helps deal with holiday stress. Invite family or friends to walk with you.
- 6. Watch the sweets:** Avoiding bringing candy into your house during the holidays. Allow yourself one treat at each gathering and enjoy it without guilt!
- 7. Eat slowly:** Take time at holiday meals to taste the food and enjoy the company.
- 8. Listen to your stomach:** Stop eating before you feel stuffed. Wait 30 minutes before going back for seconds, and only if you are still hungry.
- 9. Position yourself away from the snack food:** Avoid sitting or standing near snack foods while at gatherings, where you may be more likely to snack. Choose low calorie snacks whenever possible such as vegetables, fruits or pretzels.
- 10. Don't be a Grinch:** Forget the "all or nothing" mindset. Depriving yourself of special foods or feeling guilty when you enjoy them isn't part of a healthy eating strategy, and it's not part of the holiday spirit! Enjoy special foods in small portions and truly taste and savor them!

**Remember: Eat, drink and be merry, but keep in mind your health!**