

Managing Weight Over the Holidays

Portion control is key when the temptations are endless.



What harm is there in a little holiday weight gain? What if it's only a pound or two? According to the research, there is a lot of harm. Most people will not lose the weight they gain during the holidays, and instead they let that weight add up year after year. Prevention is the key. Here are 10 quick tips to help you avoid holiday weight gain from WebMD.

1. Never arrive hungry

It's dangerous to arrive at a holiday party hungry. Have a small snack before you go so your focus isn't completely on the food.

2. Divert Your Attention

The Holidays are about more than the food. Focus on conversations with friends and family members, holiday games or whatever takes your mind off the food.

3. Pace Yourself

Relax and take a deep breath. Instead of inhaling your food, enjoy every bite and savor the flavor.

4. Count your snacks

Taking that little snack off the food tray is easy to do. Keep track of how many you take so you don't over-do it.

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5. Outsmart the Buffet

When dinner is served buffet-style, use the smallest plate possible and don't stack your food. Eat the simple foods like fruits and vegetables.

6. Limit Alcohol

Avoid drinking too much at holiday parties. Not only does alcohol contain more calories, but if you drink too much you will tend to have less control over your eating decisions.

7. Be Choosy About Sweets

Instead of abstaining from sweets altogether, be selective. Allow yourself one dessert a day – just don't overdo it.

8. Bring Your Own Treats

If you know you're going into a situation with no healthy alternatives, consider bringing a snack of your own to eat. This is a chance to be a positive influence and encourage your friends and family to try your healthy snack!

9. Limit Taste's While Cooking

If you're the cook in your kitchen, watch the amount of "taste testing" you do while you cook. Those little bites can really add up!

10. Walk it off!

Don't neglect your exercise plan over the holidays. Make sure you plan time to get your exercise in or go for your daily walk. Make it a family activity and get everyone involved!

THINK PREVENTION!



**Prevention is always better than treatment!
Managing your weight is a proactive strategy
to live longer and stay well.**