HEALTHY HOLIDAY EATING

**life beats**

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HOLIDAY WEIGHT GAIN

The holiday season is a time to celebrate with family and friends. Unfortunately, it also can become a time for over-eating and weight gain.

According to the US National Institutes of Health, holiday eating can result in an extra pound or two every year. The bad news? Most people don't ever lose that extra weight. Over a lifetime, holiday weight gain can really add up!

BE REALISTIC
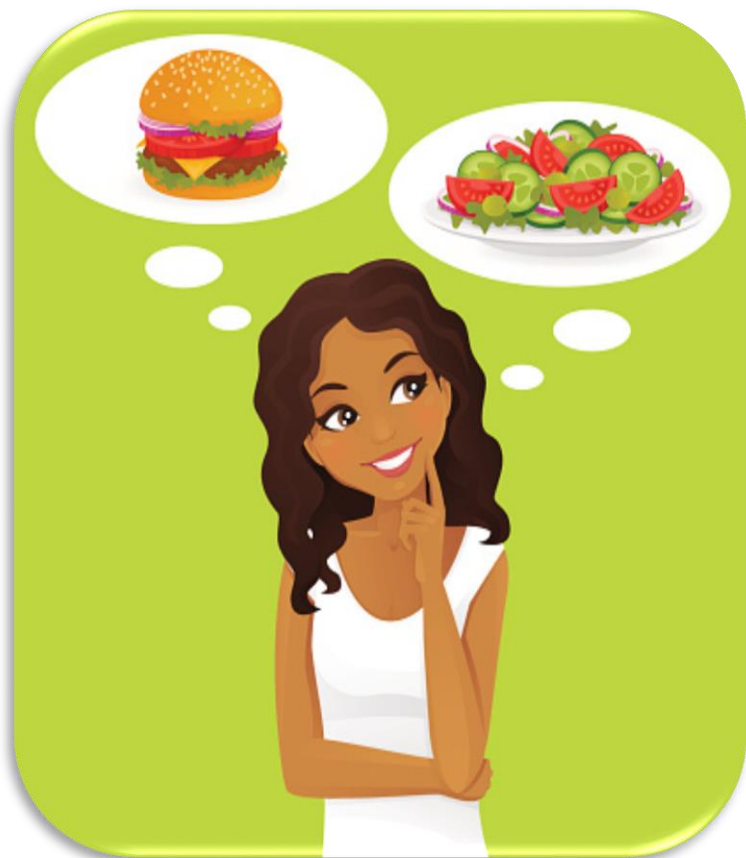
No one wants to be on a strict diet during the holidays, so don't schedule the holidays for a time to lose weight.

Instead try to focus on maintaining your current weight.

- If you overeat at one meal go light on the next

- It takes 500 calories per day (or 3,500 calories per week) above your normal / maintenance consumption to gain a pound.

PLAN TIME FOR ACTIVITY

If you can't make it to the gym, create a new holiday tradition! Plan group activities with family and friends that take the focus off of food.

- Go on a Walking Tour to See the Decorated Homes in your Neighborhood

- Have a Dance Off!
  - The best holiday parties always involve dancing!

- Go Caroling

- Play Games

- Tell Stories

DON'T SKIP MEALS

Don't save up calories just to overeat at gatherings.

- Before leaving for a party try eating a light snack like raw vegetables or a piece of fruit to curb your appetite!

- Drink a glass of water before lunch and dinner

BE A FOOD SNOB

Buffets give an "all you can eat" vibe but if you don't love it, don't eat it!

- Choose your favorite foods and skip your least favorite.

- Try to include vegetables and fruits to keep your plate balanced.

- Go light on the fatty foods.

- If drinking alcohol, alternate drinks with water.

LIMIT THE VARIETY

Variety stimulates appetite, so try putting only a few of your favorite items on your plate when you go to the food table.

- You can always go back for seconds, but try resisting the urge by waiting at least 20 minutes. This will give your brain time to register that you are full.

- Still hungry? Eat more vegetables, drink water, and try taking only two items if you go back for seconds.

PRACTICE HEALTHY COOKING

Incorporate some of these simple-cooking tips in traditional holiday recipes to make them healthier:

- Gravy
  - Refrigerate the gravy to harden fat. Skim the fat off. This will save a 56 gm of fat per cup!
- Dressing/Stuffing
  - Use a little less bread and add more onions, garlic, celery, and vegetables. Add fruits such as cranberries or apples. Moisten or flavor with low fat, low sodium chicken or vegetable broth and applesauce.
- Turkey
  - Enjoy delicious, roasted turkey breast without the skin and save 11 grams of saturated fat per 3 oz serving.
- Green Bean Casserole
  - Cook fresh green beans with chucks of potatoes instead of cream soup. Top with almonds instead of fried onion rings.

PRACTICE HEALTHY COOKING

- Mashed Potatoes
  - Use skim milk, chicken broth, garlic or garlic powder, and Parmesan cheese instead of whole milk and butter.

- Quick Holiday Nog
  - Four bananas, 1-1/2 cups skim milk or soymilk, 1-1/2 cups plain nonfat yogurt, 1/4 teaspoon rum extract, and ground nutmeg. Blend all ingredients except nutmeg and puree until smooth. Top with nutmeg.

- Desserts
  - Make a no crust pumpkin pie. Substitute two egg whites for each whole egg in baked recipes. Replace heavy cream with evaporated skim milk in cheesecakes and cream pies. Top cakes with fresh fruit, fruit sauce, or a sprinkle of powdered sugar instead of fattening frosting.

HEALTHY HOLIDAY EATING

- Although we may not all gain weight over the holidays, we do tend to eat and drink more and exercise less.

- Try to implement these healthy tips during the holiday season. Your body will thank you in the end!

- Visit this Holiday Healthy Eating Guide, provided by the American Heart Association, to find more ways you can stay healthy during the holidays.

Winter Greetings
Happy New Year
Merry Christmas
Feliz Navidad
חנוכה שמחה
Celebrate Kwanzaa
दीपावली की हार्दिक शुभकामनाएं
Gelukkig Nieuwjaar

Health Living
It's in Your Hands!
Start Today.