



## Holiday Eating Tips

Be realistic about weight loss during the holidays. Instead of trying to lose weight, just try to maintain your current weight.

Eat a small, low fat snack before a party to take the edge off your hunger. Examples are a piece of fruit or a bagel.

Balance party eating with other meals. Eat small, low calorie meals during the day to enjoy holiday foods during the evening.

When you arrive at a party, avoid the food table. Get a beverage, greet people you know and settle into the conversation...you may find you eat less.

Select low calorie party foods such as raw vegetables with a small amount of dip and steamed shrimp or scallops with cocktail sauce or lemon. Go easy on the fried foods and cheese cubes.

Attending a sit-down dinner, make sure your first helping is small. If your hostess expects you to take seconds, the total amount may equal the same as your normal portion.

Make only one trip to the buffet table, but make it count by being selective. Choose only the foods you really want and keep your portions small. Often a taste will satisfy a craving.

Enjoy a non-alcoholic beverage such as sparkling water with a twist rather than wine, champagne, or a mixed drink. Sparkling water fills you up and doesn't supply any calories.

Move away from the buffet table when you are socializing so that you don't have an opportunity to do any unconscious nibbling. Good conversation takes your attention away from food and allows you to eat less.

Even when eating low calorie foods, make sure to your watch your portion sizes.

For example, 3 ounces of meat = deck of cards

1 ounce of cheese = four dice

$\frac{1}{2}$  cup pasta =  $\frac{1}{2}$  tennis ball