

Tips to Trim the Fat this Holiday Season

It can be difficult for anyone to avoid the temptation of seasonal treats that are offered our way. The good news is there are ways to survive the holiday season without packing on the pounds.



- Go easy when adding nuts, cheese, cream sauces, gravy, butter, and whipped cream
- Use smaller plates when available
- Chew gum while cooking or when trying to avoid the buffet
- Cut your alcohol calories in half by alternating water between alcoholic beverages
- Watch your portion sizes – take only small “tastes” of high calorie dishes
- Say no the first time: Wait to see what’s being served before d’oeuvres and then allow your snack to pick 1-2 options to try
- Don’t feel pressured to clear your plate. If you are full, stop eating

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- Eat before you go: never attend a party when you are starving. Eat a healthy snack before going to a party to ease your hunger
- Buddy up: share your dessert with another
- Socialize: use the holiday season to talk to others you have not seen in a while. This will help take your focus off all the food
- Don't forget about exercising regularly – aim for 30 minutes of moderate intensity (ex., brisk walk) everyday