HEALTHY EATING DURING THE HOLIDAYS

The holiday season is in full swing and for most of us; it begins in mid-November and ends in January, giving us weeks and weeks of non-stop overindulgence. Research studies show most adults gain weight over the holidays and that weight tends to stay with us. How can we still enjoy the holidays without feeling like we fell off the wagon? With these simple rules and knowledge about good nutrition, you can still have your pie and some stuffing too!

Tips to Surviving the Holiday Party Hoop-la

- Eat a low-fat snack before you go. Never show up at a party hungry. Doing so will make it harder to maintain portion control.
- Limit your alcohol intake. Alcohol tends to be high in calories and is stored in the body as fat. Consider drinking one glass of wine/beer and switch to diet soda, club soda, or water.
- Take small portions. Enjoy a serving of everything you want – no seconds or thirds – on a small plate and walk away from the buffet.
- Bring your own healthy dish to a holiday party. That way you will know you are guaranteed at least one nutritious option to choose from.
- Make your focus socializing rather than eating. This is the season to connect with family and friends, so focus on them and not the food.

Rules for Cooking & Preparing Holiday Foods

- Limit your tastes to two small bites while cooking: one before seasoning and one after.
- Use nonstick cooking sprays
- Use egg whites rather than whole eggs in recipes
- Enjoy lower fat meats like turkey without the skin
- Refrigerate the gravy to harden fat. Use a gravy separator to skim the fat off
- Prepare stuffing outside of the turkey. Use a little less bread and add more onions, garlic, celery, and vegetables.
- Prepare low fat versions of recipes a few days before to make sure they pass the taste test.

Enjoy the holidays by using low fat recipes, eating smaller portion sizes, and planning time for exercise. Don’t deprive yourself of eating your favorite foods. Be realistic with your goals and enjoy what’s most important – spending time with your family and friends. In the long run, your mind and body will thank you.