

THANKSGIVING TIPS

Is Thanksgiving really next week????? I don't know about all of you, but the last I knew school was just starting!!????!! But yes, the holidays are really here. Is it really is possible to keep from gaining weight over the holidays? Absolutely!! The trick is to just have a little bit of everything, but not to overindulge. But how to do this?? Easier said than done. For many of us, the holidays and holiday foods remind us of our favorite childhood memories. Also, many people see the holidays as almost a license to eat, AND to eat a lot. One can almost feel like a social outcast during the holidays because of pressure from family and friends to eat. It is helpful to realize that food has emotional ties for almost all of us, and that wanting to re-enact childhood memories as adults while visiting families is common. Becoming aware of this and planning ahead can help you become more conscious of your eating through the holiday season.

A few simple guidelines will help you maintain (even with a little cheating):

- 1) Limit yourself to one plate. Select an appropriate serving size of each dish and load up your plate, but that's it. You'll do better if you take one heaping plate of food and eat it all than if you show restraint and then go back for seconds (or thirds!!). If you limit yourself to just one plate, you can see everything you will be eating.
- 2) Watch those desserts!! If you can do without or substitute some fruit, even better. If not, try to limit yourself to one serving of dessert A DAY!!! To justify an extra dessert saying you'll "work it off" is unreasonable. Many desserts are 350-500 calories a serving. That's 4-5 miles of walking in addition to what you are hopefully already doing for your daily activity.
- 3) Move away as far as possible from the serving table once the food is on your plate and make a point to socialize with other guests.
- 4) If bringing a dish to a party, choose a healthy alternative. That way, you know there will be at least one healthy food at the party for you to eat.