

Healthy Eating During the Holidays

Most of us look forward to the holiday season: family gatherings, work parties and all the wonderful food that comes with them. There are so many wonderful choices: pies, cookies, candies, and fruitcakes, well maybe not the fruitcakes. Here are some tips you can use to help avoid eating too much and putting on those holiday pounds.

- Make the people at the party your priority, not the food.
- Don't graze at the buffet table: Go through only ONCE taking small portions of what you want.
- If you know you're going to a party eat less either before or after.
- Don't beat yourself up if you eat too much at ONE party, just cut back at others.
- Stop eating when you're full.
- Use a small plate.
- Drink water, you'd be surprised how many calories are in the punch!
- Take a walk before the party.

Take time to enjoy your family, friends, co-workers and food! Just be aware of how much you're eating. Happy Holidays!