

***FAMILY HEALTH CENTERS
NUTRITION PROGRAM***

**MAINTAINING YOUR WEIGHT AND HEALTH
DURING HOLIDAYS**

Tips for maintaining your weight:

At buffets get at the end of the line, not the beginning.

Take a sample, a small spoonful of whatever you want, then go back for a small serving of what you like the best. Leave desserts alone until you've finished with the other foods.

Take small samples of various desserts so they add up to only one serving.

Fill up on low calorie foods, such as fruits, salads, vegetables and soups (not cream soups), at the start of a meal before having heavier foods.

At parties stand away from the food table, keep a glass of seltzer water or diet soda in your hand and keep busy with conversation, dancing, holding a baby, etc.

Use a small plate to make your portions look larger.

Watch others and be the slowest eater.

Do not starve yourself or go to parties hungry, otherwise you may overeat. Have a light meal such as salad or soup and fruit before going out.

If you do overeat, eat healthy, light meals the next day and increase your activity level.

Drink a large glass of water or a hot beverage before a meal.

There are no "bad" foods. However, if there is a food that you can't stop eating once you start, don't start until you learn better control.

Prepare low fat recipes so you will have healthy, low fat food you enjoy. Freeze dinner and party leftovers or send them home with guests. Cook double batches, then freeze the extra food for times that are too hectic to cook.

Keep tempting foods stored out of sight and out of reach or just don't keep them in the house.

When traveling for the holidays, bring low fat munchies with you for the trip and for staying at the host's home.

Let your host know you're watching your weight and health. Shop for yourself or bring food with you.

Eat small portions.

Continue activity and exercise by walking, running, bicycling, etc.

Tips for maintaining your health during the holidays:

Take time to take care of yourself, so you can better take care of others and enjoy the festivities. Remember the holidays are meant to be a time of celebration.

Get plenty of sleep, continue to get exercise, especially outdoors during daylight hours, relax in the bath.

Watch out for "shoulds" and "have to's". It's not necessary to attend every party and function you're invited to or you can attend for only an hour or two instead of three to four hours. Be selective.

If you're feeling stressed, stop for a few minutes and take some slow, deep breaths.

To decrease stress from financial concerns, plan a budget and stick to it. Spend creative time with family and friends making gifts and decorations.

Eat healthy meals and snacks. Keep fresh fruits and vegetables and raw nuts and seeds available. Keep meals simple such as a hearty soup, salad and whole grain bread.

Decrease time spent watching television.

Get family members to help take responsibility for shopping, housecleaning, preparing meals, laundry, etc.

Trade child care with another family to give yourself some time off.

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If you would like personal instruction on how to incorporate nutritional guidelines into your life and improve your health, schedule an appointment with:

Karen Youket, Dietitian / Nutritionist
by calling The Family Health Centers at
828-258-8681