



Avoiding Holiday Weight Gain

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Do you want to enjoy the holidays without worrying about your waistline? This is time of year you can't get away from the sweet treats and high calorie party meals which make it hard not to gain weight. Here are a few small tips to help you enjoy the holiday foods but still maintain that weight.



- 1. Don't skip meals, you'll want to pig out later.** Eat three meals with snacks in-between to help control hunger.
- 2. Make half your plate vegetables.** Not only are vegetables good for your health, but they are also a low calorie option that fills you up.
- 3. Don't go to a party hungry.** Eat a small meal or snack before you go.
- 4. Give yourself options.** Take a healthy appetizer or dessert to the party to guarantee an option for you. Also use a smaller plate to decrease portion size.
- 5. Don't keep the goodies around.** When baking, only save a small amount for your family and give the rest away.
- 6. Minimize the sauce.** dressings and sauces are full of calories and sodium. Try to limit intake and use herbs and spices instead.
- 7. If you must, only cheat a little.** Allow yourself ONE SMALL treat but make up for it with exercise or decreased calories elsewhere. Even split a dessert with a friend.
- 8. Don't drink too many calories.** Watch out for the sodas and alcoholic beverages which are high in calories. If you are going to drink alcoholic beverages, alternate with water to decrease caloric intake.
- 9. Get moving.** Starting or maintaining exercise helps to counterbalance the extra calorie intake. Exercise also helps with holiday stress.
- 10. Focus on mingling & socializing, not the food.** The holidays should just be a time to relax and enjoy friends and family.

Remember to keep a perspective and realize that overeating one day will not cause weight gain. Only continued overeating will add weight to the scale. **Enjoy the holidays!!**

If you would like to make new health goals for the new year and feel like you need help reach out to your local experts at Mammoth hospital, inform your Primary Care physician or contact the Dietitian at (760) 924-4214 or email: casey.michel@mammothhospital.com.