



# Healthy Holiday Eating Tips



On average, Americans gain approximately one to two pounds during the holiday season. Research shows this weight tends to stick and accumulate over the years. With a little pre-planning you can enjoy the holidays with friends, family and the feast while avoiding the weight gain.



Enjoy the conversation and Company- Eat slowly enough to give your brain time to register that you are filling up and aren't hungry any more. This usually takes 20 minutes.



Choose your splurges carefully- Know which events and which delicious foods you don't want to pass up and which ones to avoid.



Veggies and Protein first- Eating from the vegetable and protein section of the menu first to help induce satiety.



Most Holiday meals are buffet-style and include second and third helpings. To assist with preventing overeating use a smaller plate which allows for less food and encourage proper portion sizes while still enjoying the meal.



Don't starve yourself for the one BIG meal of the day. When meals are skipped this leads to overeating and later the feeling of miserably over full. To prevent this it is recommended to eat as you would any other day.



Wait-Before going back for second helpings wait 10 minutes to see if you are still hungry.



Stay physically active- Take a walk after eating to help with digestion and keep from eating again.



Remember alcoholic beverages have a lot of empty calories so rotate between alcoholic drinks and water.



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