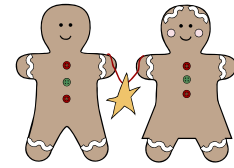




## NUTRI-BYTES



### Healthy Holiday Eating: Is It Possible?

Is your calendar full of holiday gatherings with friends, colleagues, and relatives? If so, have you resigned yourself to entering 2006 with a few extra party pounds? Why not make a resolution to eat healthier during the holidays? This doesn't mean that you have to stay home and feast on diet jello and water. You can enjoy the holidays, while using some common sense rules for a healthy diet.

#### PLAN AHEAD

If you know that there will be an abundance of your favorite appetizers, snacks, or beverages at an upcoming event, plan for those calories by following these tips.

- Offer to bring a favorite low-calorie item to the party, so you will have at least one healthy choice.
- Start your day with a meal that includes whole grains, fruit, low-fat dairy foods, and a source of protein such as eggs, cheese, or peanut butter.
- Eat small snacks throughout the day, saving calories for the party. Don't starve yourself before the party. It will difficult to avoid overeating if you are too hungry.
- Take a brisk walk before the event. Physical activity burns calories, renews your energy level, and relieves holiday stress!

#### BALANCE YOUR CHOICES

- Check out the food table and select foods carefully. Think about which foods you want to eat, which foods you will just sample, and which ones you will skip.
- Choose a balance between high calorie favorites and low calorie, high fiber options such as fruits and veggies.
- Choose small portions of high calorie, sugar-laden cookies & cakes or share them with a friend.
- Choose non-alcoholic beverages, such as sparkling water with a twist of lime, or alternate alcoholic drinks with non-alcoholic beverages. Drinking alcohol can lower your resistance and cause you to eat more.

#### SOCIALIZE...IN ANOTHER ROOM

- After filling your plate at the buffet, eat in another room. And don't go back for seconds.
- Spend time talking with old and new friends. In addition to enjoying your time, you will eat at a slower rate.
- The bottom line is...Make healthy choices when possible and ENJOY THE HOLIDAYS!

*Some of these holiday tips have been produced by the American Dietetic Association.*



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