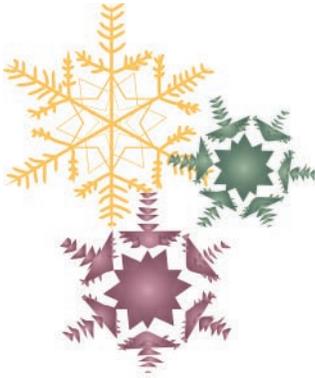


# Holiday Eating Without the *Weight*



## 10 Holiday Survival Tips

1. Eat a light, healthy snack such as soup, fruit or cereal before parties. This will help you curb hunger and make better choices.
2. Limit alcohol. Enjoy one alcoholic beverage if you must and then switch to diet soda or soda water with lime afterwards.
3. Bring a low-fat holiday dish to the party. Better still, go home empty-handed!
4. Keep minimal baked goods on hand this year. Only bake enough to give away or use for one festivity. After baking goodies, immediately fill the mixing bowl with hot soapy water; sampling batter packs on extra calories.
5. Try to eat a large salad before most meals. Make sure vegetables take up half the room on most of your plates.
6. Substitute healthful ingredients. Splenda works great in baked dishes. Cut the sugar to half the original amount in the recipe and replace the remainder with Splenda. FMI see [www.splenda.com](http://www.splenda.com).
7. Make a goal with a friend to lose 5 pounds or to maintain weight during the holidays. This way you have a valuable support buddy.
8. Remember that the holidays are truly only 3 real days, Thanksgiving, Christmas (or Kwanzaa or Chanukah which is 8 days) and New Year's. Which means if you blow it *only* on 3 days, then you really won't cause much damage. It's the vicious cycle of not enough exercise and too many calories on the other days that causes weight gain during this time of year.
9. Sign up for a 5K or fitness walk or other event to keep your mind focused on fitness goals. Keep up with your exercise during holidays and try to be more active.
10. Finally, celebrate and focus on what the holidays are *really* about – spending time with family and friends. Find creative activities or ways to get your family and friends to play a game or be active instead of eating. Pick a time to get together that does not revolve around a meal.

By Amy Abedi, RD.

### Holiday Fun Quiz:

1. Three ounces of meat is about the size of a \_\_\_\_\_. (Hint: You can use this to play rummy!)  
\_\_\_\_\_
2. Serve this for dessert to add color (and fiber) to your holiday table.  
\_\_\_\_\_
3. This activity can be fun for the whole family and is a good way to burn extra calories!  
\_\_\_\_\_
4. These little holiday treats can really add up in calories (about 2,000 calories per pound!) so try to bake fewer and make them smaller.  
\_\_\_\_\_
5. Always buy \_\_\_\_ milk so you avoid the saturated fat of its whole counterpart.  
\_\_\_\_\_
6. Remove this from your turkey before eating, since it is high in fat.  
\_\_\_\_\_

**Answers:** 1. deck of cards, 2. fruit, 3. walk or exercise, 4. cookies, 5. skim or fat-free, 6. skin.