



Holiday Eating Without the Added Pounds

Excerpts from HealthDay News

It's possible, say nutrition experts, to enjoy holiday eating *and* make it to 2010 weighing the same as you do today. It is about devising a strategy and thinking about holiday food a little differently. Tips from two dieticians are:

- 1. Have a plan.** Fix your plate once and include lots of vegetables. About one-fourth of the plate will be protein-rich food and about one-fourth carbs. Do not go back for seconds.
- 2. Eat before you go.** Eat a piece of fruit with peanut butter or a small container of yogurt. You won't be over-hungry when dinner is served.
- 3. Pick and choose.** Pick the one dessert or other goodie you love and can't live without. Enjoy a reasonably sized piece and enjoy.
- 4. Alcohol is loaded with calories.** Try seltzer water or sparkling water with a lemon or lime. If you do have alcohol, remember it lessens your resolve to not overeat.
- 5. Take a 10-minute walk every day.** Everyone should have time for that.