



**December 2007**

## **HOW TO AVOID EATING TOO MUCH DURING THE HOLIDAYS**

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The festive season is upon us and for many of us it is a time to revel in great food. Many people easily gain four to five pounds due to overeating during the holidays. With that in mind, if you are hoping to avoid overindulging as you celebrate this year...

### **Don't Skip Meals**

Skipping breakfast or lunch so you can eat more at dinner is a very bad idea. Skipping meals will leave you feeling so hungry that when you finally sit down to eat, you may ravenously consume many more calories than the ones you skipped earlier in the day.

### **Eat High Fiber Foods Before the Party**

Fiber helps you to feel full, which should keep you from eating too much at the party. Choose low calorie foods like vegetables, fresh fruit or a small portion of oatmeal.

### **Eat Small Amounts of the Foods You Love**

Carefully choose one small treat that you really crave from the buffet table, and then fill the rest of your plate with vegetables and fruits, whole grain crackers, cheese and lean meats.

### **Don't Hang Around the Buffet**

Choose your foods and your drink, and then move to a different part of the room. As they say, out of sight - out of mind or at the very least you will have to walk across the room to fill your plate again.

### **Pace Yourself**

Take it SLOW! Place small portions of food on your plate and set your fork down between bites. Take the time to savour each bite, by thoroughly chewing each mouthful before you swallow.

### **Drink Plenty of Water**

Many people experience mild dehydration as hunger, and the best way to avoid becoming dehydrated is to drink plenty of water.

### **Keep Healthy Snacks at Work**

Avoid all the holiday goodies at work by snacking on nuts, raisins, fresh fruits or energy bars instead.

### **Keep Exercising**

Although the holidays are a hectic time, keep exercising – even if you have to cut your workout time in half. We all know how difficult it can be to start exercising after a long break, so be sure to keep at it!

#### **TIP**

#### **Train by Trina's Top 10 Holiday Party Eating Survival Tips!**

1. Have a small healthy snack (e.g. a bowl of low fat vegetable soup) before you go so you aren't starving when you arrive.
2. Stand or sit as far away as you can from the buffet table, the kitchen and tempting foods.
3. Avoid anything made with pastry.
4. Put all your food on a plate in one go.
5. Listen to your natural appetite cues.
6. Don't attempt to compensate for overeating by starving yourself before or afterwards.
7. Plan your menus carefully in advance so you don't buy or prepare too much food.
8. Buy small bags of chips, chocolates, etc. instead of giant sized ones, so the leftovers remain unopened.
9. Freeze the leftovers, so you are less likely to eat them in a moment of weakness.
10. Offer any leftovers to your guests to take away!

