



## HEALTHY HOLIDAY HINTS

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1. Preventing weight gain during the holiday season is no easy task. No matter where you turn, there is temptation. From Thanksgiving until New Years, visiting relatives and friends, parties, shopping all lead to excuses for making poor food choices. Here are some hints for feeling in control of food.
2. Do not attempt to pressure yourself into losing weight, maintaining your weight after a holiday season can be considered a success.
3. Do not tell people you are on a “diet”. This can be a set-up for sabotage by the outside world.
4. Never go anywhere hungry particularly restaurants and parties. Eat a nutritious snack before you go such as fruit, whole grain crackers, milk or yogurt or vegetables.
- 5. Make time for some form of exercise – 10 minutes, 2-3 times a day is appropriate. Recommendations are 30 minutes at least 5 days per week.**
6. Try to eat 5 or more servings of fruits and vegetables during a day. Not only are they healthy choices but they prevent hunger.
7. Plan ahead. Offer to bring a dish if going to someone’s home. This way you know at least one dish will be a healthy choice for you.
8. Buffets can be dangerous. Take a little of everything that appeals to you and move to the other side of the room. Do not go back for seconds. If more food is needed, pick low calorie choices such as vegetables.
9. When socializing with other guests, find a place away from the food. Do not hang out around the corner.
10. Alcohol is fat. If you are planning to drink, limit it and use mixes that are sugar-free. Between drinks take 8 oz of water. Too much alcohol may decrease the ability to limit food intake.
11. Alter cooking methods in order to decrease fat and sugar intake. Pumpkin pie with fat free milk can cut calories. Pecan pie is much higher in calories. Baked sweet or white potatoes can be substituted for candied yams. Cook stuffing out of the turkey for food safety and for decreased fat.