



TIPS FOR WEIGHT LOSS DURING THE HOLIDAYS

Courtesy of CapitalCare's LiFE[®] Program

1. "BYO", or bring your own, dish to share when invited to holiday gatherings. So no matter what is in front of you, you have a safe zone to go to! Recommend: Vegetable plate with hummus, salad, shrimp cocktail, etc.
2. Never go to a holiday gathering too hungry! This only leads to overeating. Have a little to eat earlier that day, "calorie bank" the rest of the calories for the dinner or outing.
3. Seat yourself away from the food. Don't linger near the buffet table or other area where the food is served. Carry your conversation into the next room.
4. Have taste size portions of the high calorie foods. Survey the offerings and decide on only one or two of them and keep the portions in check.
5. Go easy on alcoholic beverages. Calories can really add up so your best bet is a glass of wine and avoid mixed drinks. Unless you choose diet tonic, club soda, or diet soft drinks, there are calories not only in the alcohol but in the tonic, juice, and soda as well. No beer unless you want to BLOAT!
6. Balance extra eating with extra exercise. Make sure you understand how many steps you need to walk to burn the calories consumed in a given dish or meal.
7. Remember that one day of overeating will not ruin your overall weight control plan. But remember, a holi-DAY is not a holi-WEEK!
8. When you are fixing your one plate of food, remember that $\frac{1}{2}$ of it should be filled with vegetables, $\frac{1}{4}$ starch, and $\frac{1}{4}$ meat/protein. This is enough for your physical hunger, when you are going for seconds your psychological eating is taking over. **So no seconds allowed, ever!** Try to get out of the bad, self-defeating habit of second helpings.
9. Have fun with the holiday in its true meaning. Make new traditions unique to family and friends. Decorations, games, pictures, family walks all require no food. You gather with friends and family to enjoy yourself, not just to eat. Concentrate on socializing, talking and listening rather than just eating and drinking.