



The Dreaded Holiday Weight Gain

Holiday weight gain can happen so easily. Try these simple tips for avoiding the dreaded weight gain over the holidays.

1. Avoid hovering and mindless eating.

- ⇒ At parties or gatherings, avoid “hovering” around the food tables. Move your conversations away from the food table.
- ⇒ Drink alcohol and sugary drinks with care. Most drinks are very high in calories.
- ⇒ Avoid buying or making foods you find hard to resist.
- ⇒ Take a healthy food plate to a pitch-in.
- ⇒ Look over a buffet then select the food that you really want.
- ⇒ Use a 3 bite rule for desserts, take only enough that you can eat in 3 small bites.



2. **Be Prepared.** Drink 2 glasses of water before a big meal or before a party. Eat a small snack before special events so that you will not be too hungry to make wise choices.

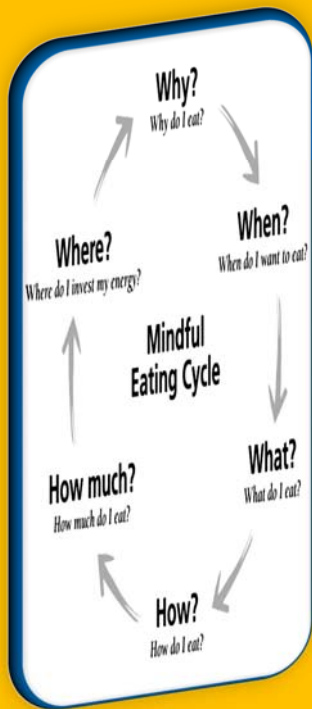
3. **Enjoy Your Favorites.** Take small portions of high calorie foods you really want. Then fill the rest of your plate with low calorie foods such as vegetables, fruits, and lean meats.

4. **Just Say No.** Don't be embarrassed to refuse seconds or desserts. Simply state you don't care for any, offer to share a serving with someone, or take a very small portion.

5. **Focus On The Fun.** When at a special occasion, focus on enjoying the event—not just the food. Sometimes we are so food-centered we often lose sight of why we are gathering in the first place.



Happy Holidays from all
of us at Wise Health
Decisions!



Talk with your Nurses of Wise Health Decisions® to help in avoiding the dreaded holiday weight gain.

WHD Wellness Office
Phone # 812-378-0615

Resources:

www.webmd.com
www.ncbi.nlm.nih.gov