

## Before the Party or Holiday Meal



- ▶ Don't "save up" your calories by eating very little the day of the event. This strategy usually backfires. You will probably become ravenous and are much more likely to over indulge!
- ▶ Be sure to eat a high fiber breakfast the morning of a holiday or big party. High fiber foods fill you and keep you satisfied for a long time. Good choices include oatmeal, shredded wheat or any whole grain cereal.
- ▶ Before going to a party, have a light snack, such as soup, salad or half a sandwich. It's easier to pass up some of the higher calorie foods if you're not hungry.

## When You're at the Party

- ▶ If food is served buffet-style, survey the offerings before getting in line. Make your decisions about what you'll take ahead of time. Make *one* trip to the buffet table.
- ▶ Only take the foods you really want. Try to vary your choices to include some high protein foods, lots of vegetables and a small to moderate amount of starches. Minimize or avoid fried foods or those in rich sauces.
- ▶ Don't expect to cut out all holiday favorites. Instead, choose small portions of the calorie foods you can't resist. Try to balance your plate with low fat options, like fruits and vegetables.
- ▶ Spend less time by the food table. Focus on talking to friends and family. Make it a point to visit with everyone you know at the gathering. Shift your attention towards socializing with others rather than eating.
- ▶ Sit down when you are eating, if possible. This can help eliminate mindless grazing.
- ▶ Pay attention to what you are eating, and the speed at which you eat. Try to eat slowly, and savor the flavor! Fast eating usually leads to over-eating.

## When You're at the Party

### IF YOU DRINK ALCOHOL:

- ▶ Be aware that alcohol is absorbed quickly on an empty stomach. This can lead to an increase in appetite and make healthier food choices less appealing. Have something to eat prior to imbibing in alcohol.
- ▶ Drink a glass of water or club soda between alcoholic drinks.
- ▶ Opt for lower calorie beverages and mixers. Some include: light beer, wine wine spritzers or drinks made with club soda. Juices, sodas, sour mix, and tonic water all add about 100 calories per drink.

BEVERAGE	SERVING (OZ.)	CALORIES
Beer, regular	12	150
Beer, light	12	105
Wine	4	77
Wine Cooler	10	125
Vodka, Gin, Rum, Whiskey or Scotch	1	64 (80 Proof) 80 (100 Proof)
Cordials, liqueurs	1	103-123
Eggnog (without alcohol)	6	256
Eggnog (with alcohol)	6	278
Cordials, liqueurs	1	103-123
Mixers (cola, ginger ale, juices, etc.)	8	95-100
Cordials, liqueurs	1	103-123

## Other Healthy Holiday Tips

- ▶ Try to avoid fast food when days become hectic. Pre-plan quick healthy meals.
- ▶ Keep easy to fix foods on hand: sandwich fixings, low fat soups, pre-cut fresh vegetables, whole grain breads and cereals and fresh fruits.
- ▶ Keep up your exercise program, as best as possible.
- ▶ Be sure to allow yourself to get enough sleep and relaxation. Being over tired and overstressed can make it harder to follow a healthy lifestyle.
- ▶ Plan some non-food get-togethers, such as a skating party, which promotes a fun way to get exercise.

*References:*

1) Pennington J. Bowes & Church's Food Values of Portions Commonly Used. 17th ed. Philadelphia: Lippincott Williams & Wilkins. 1998.