



I have to admit stuffing is one of my all time favorite holiday foods and I won't say no to jam cookies either but if you follow some simple rules you won't have to!

The holidays are a time of year that we all look forward to in terms of socializing with friends and family, but they should be "just another day" when it comes to what you eat. The mistake a lot of people make is depriving themselves and then overeating, or throwing in the towel and binging till their new years resolutions kick in. Don't undo all the good work of the year by gaining pounds over the holidays and then feeling disappointed with yourself. This is not the time of year to try to lose weight or change your eating habits drastically, it's the time of year to maintain your good habits and remember moderation.

Important things to remember

- ☞ Always eat breakfast – I will never get tired of saying that! Studies have shown that individuals who start their day with a healthy, protein-rich breakfast consume less calories through the day.
- ☞ Avoid going out when you're hungry; you'll be more inclined to overeat. If you are going to a cocktail party, then have a meal or light snack beforehand. This way you will not fill up on fatty finger foods. Have some fruit beforehand.
- ☞ Avoid recreational eating! Don't stand by the food, make your selection and move away; you can come back if you are still genuinely hungry. Learn to recognize and acknowledge your true hunger and appetite..
- ☞ Be physically active every day. Physical activity (brisk walking, jogging, bicycling, etc.) can relieve stress, regulate appetite, and burn extra calories.
- ☞ If you indulge in dessert, share with someone (it's much cozier that way, as well).
- ☞ Reduce the fat in holiday recipes. There are plenty of low fat and low calorie substitutes that are amazingly tasty. Try using applesauce in place of oil in your favorite holiday breads; use egg substitutes in place of whole eggs; try plain nonfat yogurt in place of sour cream.
- ☞ Choose your beverages wisely. Alcohol is high in calories and after a few drinks you also eat more. Use non-alcoholic mixers such as water and soda water and drink a glass of water for every glass of alcohol.
- ☞ The important thing to remember is balance and moderation. It's OK to eat too much once in a while. The key to maintaining your weight is to go back to your normal routine after indulging, don't use one indulgence as a way to continue unhealthy eating.
- ☞ Elevated stress hormones can cause your body to pack on the pounds so most importantly just relax, enjoy the holidays, and remember what the holidays are all about.

Happy Holidays!