



Avoiding Holiday Weight Gain

Did you know that much of the weight gained in the US occurs during the end of year holiday period and it usually stays indefinitely?

To gain a pound, you'd only need to eat 350 calories more than you need each day for 10 days. Those 350 calories could come from a mug of hot cocoa with whipped cream or two homemade cookies with a glass of milk.

Here are some tips to eating more simply and other lifestyle suggestions to maintain a healthy weight and still be satisfied:

- Add extra fruits and vegetables to your plate. They contain lots of water but little calories –half your plate should be fruits and/or vegetables
- Eat a healthy snack before going to a party to ease your hunger and prevent cravings
- Watch your portion sizes and take small “tastes” high calorie dishes
- Beverages contain a lot of calories as well, especially alcohol, home-made punches, chocolate beverages all have calories you may not have thought about. Try sparkling water with lemon slices, herbal teas – served in a pretty glass so you don't feel like you're missing the celebration.
- Chew your food well, this increases a sense of fullness
- To help prevent weight gain and improve your mood, consider adding extra exercise before or after big meals. Walking with family provides time to share ideas and thoughts more than meal time.
- Reduce your TV time. Sitting is not a good way to burn calories
- Manage your stress – set aside time for rest, relaxation and leisure
- Get enough sleep – poor sleep can increase appetite and calorie intake

