



Making Smart Choices at Holiday Parties

The average adult gains 5 to 6 lbs over the holiday season from Thanksgiving till after New Year's Day. The good news is you don't have to be part of this statistic.

One:

Make a plan.

Making a plan helps you decide what you want to eat.

Before you go to the party have a plan of what you're going to eat and how you are going to control calorie intake. Some people skip certain food while others limit portion sizes.

At the party observe the buffet or snack table before filling your plate. This will help you plan what you want, what you're going to limit, and what you're going to leave off your plate.

Two:

Eat before the party.

Before you leave home be sure to have a light snack or meal. If you go hungry you will over-eat.

Three:

Drink plenty of water.

Drinking before the party helps with hydration. When you are well hydrated, you won't be tempted to drink high calorie drinks to satisfy thirst. Staying hydrated can prevent you from over eating because, unfortunately, you can think you're hungry when in actuality you're really

thirsty. Sipping on water during the party can help you keep your hands full and prevent you from mindless eating and drinking.

Four:

Focus on Socializing

The American Dietetic Association recommends you socialize away from the buffet or snack table. This will help you prevent mindless grazing.

Five:

Chose lighter options and watch your portions sizes.

Be sure to choose lean meats without the skin or fat.

Choose fruit and vegetables.

Limit the number of items or portions with cream sauce.

Only have a small amount of Eggnog since it is high in calories.

Try to use a 4 oz glass.

Six:

Limit Alcohol.

Watch the alcohol; it can be loaded with empty calorie.

Chose drinks with lower calories. Limit yourself to 1 drink for women and 2 drinks for men.

Remember if you do decide to drink call a cab or have a designated driver.

Seven:

Eat your favorite foods slowly so you can enjoy the flavor and texture.

Healthy tips for Holiday Hosting

1. Serve healthy options such as a vegetable and fruit tray
2. Provide water and low calorie drinks
3. Cut your portions smaller so your guests have the option of smaller portions
4. Chose 2% fat cheese. There are several that have good flavor for less fat. Try out several before the party to determine what your favorites are and serve these.
5. When baking you can use applesauce in place of some of the fat.
6. Use fat free or low fat condensed milk in candy recipes.
7. Remember to experiment with recipes or try out new recipes before the party. That way you won't have any surprises, and it will give you more confidence.
8. Sugar substitutes are good for making holiday treats lower in calories. Keep in mind they don't have the same preservative properties as sugar, so cakes and such should be refrigerated or they may go bad.
9. Try something new. Roasted root vegetables are a healthy side for this time of year. Try roasting carrots, rutabagas, turnips, parsnips, sweet potatoes, and Irish potatoes with garlic, onions, Italian herbs, olive oil and pepper and salt.
10. Select appetizers and finger foods that can be prepared in advance. This will cut down on stress, and let you enjoy your party.

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