

KEYS TO BETTER HEALTH™

HAVE A STRATEGY FOR MANAGING THE TEMPTATIONS OF HOLIDAY PARTIES

The holidays are upon us and the food temptations are everywhere. Making matters worse, many of the tasty treats we'll confront between Thanksgiving and New Years are calorie bombs, loaded with sugars, fats, and carbs. If there's a time of year we're likely to gain a few pounds, that time is now!

On the other hand, the holidays are a time of celebration. And since food is part of nearly every gathering, it's a good idea to have a strategy for managing the holiday food temptations that will be hard to avoid. One way to keep the nibbles from nibbling you is to practice "mindful eating."

What is mindful eating? Simply put, mindful eating is taking the time to truly enjoy the foods you choose. For example, instead of gobbling up a plateful of food, take a moment to enjoy the colors and appearance of the foods before you. Take your time in making your selections, and then "eat with your eyes" as well as your mouth. Stop and savor the aromas, and then eat slowly to truly experience the taste.



Libations can be another source of unwanted calories. Try to avoid liquid calories and be aware that when you indulge in a cocktail, you're taking in calories just as when eating solids. And if you do have a drink, it's important to stay hydrated by drinking water.

Here are some tips for choosing lower calorie, healthy ingredients in your favorite recipes:

- Use non/low-fat yogurt to lower saturated fats.
- A veggie tray with a low-fat dip is a great way to have heart healthy options for your guests.
- When baking, substitute unsweetened applesauce in place of fats to decrease calories.
- Use a fresh organic herbs and 100% lemon juice to add flavor and cut down on sodium in recipes.
- Mix 100% juice with carbonated water and berries for a refreshing drink that's much healthier than sodas.
- Enjoy heart healthy, protein rich bean dip along with whole grain tortilla chips. They're satisfying and pack a nice nutrient punch.

Another strategy during the holidays is to remember the motto, "All things in moderation." It can be difficult to avoid every temptation, but it's not difficult to avoid overindulging if you are mindful about what you eat and drink.

Having a holiday food strategy will help you balance the joys of holiday festivities with the rewards of year-round health. Happy holiday and best wishes for a healthy New Year!



Please note: Information is intended for educational purposes only and does not replace advice from your doctor or health care provider. For individual recommendations, please consult with a doctor or registered dietitian.