

Tips on How to Survive the Holiday Food Frenzy

- Focus on talking more to party guests and eating less.
- Avoid hanging around the buffet table at social gatherings.
- Stick to high protein foods, fruit and veggies. Go for the turkey, the sliced meats, the fresh fruit and raw veggies (without the dip.)
- Avoid high fat hors d'oeuvres such as cheese, nuts, saucy tidbits and fried anything. Instead, nibble on the veggies or chew gum and talk a lot.
- Eat before you go to a holiday gathering. Have a small meal such as fruit and low fat cottage cheese, yogurt, or a low-cal protein shake, a handful of grapes or an apple.
- Make yourself the designated driver at least half of the time. This will help you avoid calorie-laden alcoholic beverages.
- Instead of wine or mixed drinks, try soda water with lime and towards the end of the event, reward yourself for your good behavior with a glass of wine or your favorite drink.
- Plan holiday activities around things other than food such as an ice-skating party followed by hot spiced apple cider; a sightseeing trip (preferably walking) to view the colorful decorations and lights in your neighborhood or town; a walking window-shopping expedition at your favorite mall; a trip to the woods to chop down your own tree; a tree-trimming party where everyone brings their favorite low-cal treat; a gift gathering and wrapping for orphans, the homeless or old folks in nursing homes; a caroling party to go from house to house (or floor to floor) and sing.
- Continue your workout schedule but ease off a bit to allow for the extra time holiday commitments take. You don't want to stress yourself out or quit exercising completely!