

## **Watching your waistline this holiday? 10 tips to help keep you on track!**

Family gatherings, work parties and potlucks – the holidays can be packed with festivities. Foods play a central role in these celebrations as we look forward to enjoying our favorite meals and treats. This may bring a mix of pleasure and stress. We can't wait to have a sugar cookie, yet at the same time, we may worry about eating too much and losing sight of our weight loss goals. Take a deep breath and take comfort in knowing you can enjoy your favorite foods in moderation. These ten simple steps can help!

- Fill your plate first with leafy greens, lean proteins choices and chose smaller portions of indulgent foods.
- Eat from a smaller size plate or bowl to control portions.
- Eat a healthy snack before going to a party to avoid arriving hungry. This way, you'll be less likely to overeat.
- Eat slowly and savor every bite. It can help to sit by others who eat slowly.
- Stay hydrated! Avoid sugar-sweetened beverages and choose water. For a twist, try sparkling water or add a splash of fresh lemon or lime for flavor.
- Limit or avoid alcoholic beverages as they are full of hidden calories. Alternate these beverages with water to help curb the amount you drink.
- Place yourself at a distance from the food tables. This way, you'll be less likely to reach for a snack or additional food while socializing.
- Scan what's available and plan what foods to put on your plate. Fill it once and resist going back for seconds.
- Bring your own healthy recipes to feed yourself and share! Make a leafy green salad with colorful vegetables, stove-popped popcorn, or a hummus and pita plate. Assemble a festive vegetable platter for all ages to munch!

Remember, the holidays only come once a year. It's okay to enjoy some of your favorite foods in moderation.

For more information on weight loss please contact the Minneapolis VA MOVE! Program at **612-629-7388**.

