

FEED ZONE

# 10 STEP PROGRAM FOR HOLIDAY "NOT" OVER-EATING

Did you know that the average American gains 4-7 pounds between thanksgiving and New Years? To curb any weight gain, here are some tips to help keep you slimmer for the New Year. By minimizing any weight gain over the holiday season you are going to be firing on all cylinders sooner than I-need-to-lose-those 5lbs first - later.

**1. Don't over indulge on holiday glog or alcohol.** Try to limit your alcohol consumption to one, maybe two glasses per evening out.

**2. Look at the calendar - holiday not holiweek or holimonth.** It

is okay to throw your plan out the window Thanksgiving or Christmas day, but try to get back on track as quickly as possible.



**3. Do not skip meals.** Do not skip meals in order to save on calories or 'save up' for the feast. Avoiding food for longer periods only makes you more likely to eat twice as much later.

**4. Food exchange.** To allow yourself to indulge in some of finer things like chocolate cake, skip the bread with the main course and cut back on the pasta. Engage in some food trade.

**5. Take time to de-stress - choose relaxation ritual over snacking ritual - do not obsess over calories eaten!**

Stress makes you eat more, and typically more of those comfort foods that are high in fat, sugar and starch. Try taking a walk, a run or exercise in the morning to ease the stress.



**6. Get enough sleep - eat less when rested.** Get your 8 hours of sleep per night and your need for high starch and calorie food will decrease dramatically



**7. Do not go out on an empty stomach.** When you are starving, the last thing you have is self-control over food choices. Being overly hungry will encourage overeating, feeling stuffed and feeling guilty the next morning (or even that night). So don't go to that party hungry.

**8. Exercise is not the license to eat.**

Remember, that an hour of average exercise allows you 3-500 extra calories per day (if you want to maintain weight). That is basically one cookie or brownie or serving of candied sweet potato.



**9. Practice 'mindful eating'.** Watch out for the party buffets, you may have no idea how much you are actually eating. Use a small plate and fill it up before you start grazing. If you want to get seconds, get more vegetables, not starches. Be social, but don't eat just because everyone else is.

**10. When getting holiday cookies as gifts, do not deprive yourself the gift, just the amount you eat.** Moderation and variety is key. Have some to satisfy the craving for treats, but keep the portion down to one cake or one sliver of dessert. Then give the rest away, or freeze them for next year.

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