



HEALTH & WELLNESS

The Holiday Bounty Doesn't Have to Add Weight

By Joanna K. Chodorowska

Every holiday season, we say to ourselves, “This is the year I won’t gain weight.” And every year, we get to the holidays and within a single day we are so off of our routine that we revise our plan to: “Maybe it won’t be as bad as last year?”

Maybe what we need to do differently this year is to make the plan a little easier.

First off, follow the 80/20 rule: 80% of the time you are following the plan. The other 20% is wiggle room. And it should always be like this — holidays or not. The biggest mistake people make with holidays is that they skip meals to save up for the big dinner.

This actually sets you up for failure before you get to the table! Your will power will disappear and your stomach will feel like a bottomless pit. This year try eating smaller meals every three to four hours. Try a vegetable salad or medley of sorts as an afternoon snack. It will fill you up but won’t add a lot of calories. Eating regularly will keep you from eating too much at dinner.

Secondly, choose more veggies (green and leafy greens) and lean proteins over more starches and desserts. Yes, you can leave room for some dessert (this is that wiggle room), but counterbalance it with veggies and protein at the main meal. If you are cooking, try altering recipes to use less butter, less cream and less sugar. Add a new tradition of a new salad or vegetables entree. If you are going to someone else’s house, offer to bring a grilled vegetable platter for an appetizer or the main meal. At least you know there will be one healthy option on the menu!

Enjoy this time of year, and stop worrying about your weight. Start with a fresh outlook – the 80/20 plan. Eat smaller meals regularly, and focus on vegetables and lean proteins. And give yourself some room to for those bites of treats — but only if you ate your veggies! Happy Holidays. **LL**

Joanna K. Chodorowska, BA, NC, is the founder of Nutrition in Motion. To get started on a lifelong healthy plan, please visit www.nutrition-in-motion.net. Joanna also provides Learn 2 Cook cooking classes including Recipe Makeovers.