

Healthy Tips for the New Year

December 2009

Everyone knows that when the holiday season comes around, so does the poor eating habits. How does someone make sure that they don't go dive into the feast only to feel regretfully stuffed later? We offer some guidelines to help you keep your eating habits healthy and you happy by limiting the temptations and making it easier to make smart decisions.

Try some of these tips to make the holiday season healthier and happier. Look over all the food options and develop a plan in which you can sample foods without overdoing every taste bud. Try selecting small portions to control calories but allowing you to try different foods. It is okay to have treats during special occasions, but be sure you are enjoying the food you choose and spending calories wisely. Concentrate on spending time socializing with family and friends and making new acquaintances. Focusing on what you are celebrating not just the food can help you keep your mind off of the table. It is often tempting to skip a meal when you know there is a feast coming up, however skipping meals can cause overeating during the feast. Try to have some vegetable sticks, fruit, nuts or cereal before you arrive at the party.

Standing within arm's reach of tempting snacks can cause you to waste calories without becoming full. This is the same problem with alcohol. Alcoholic drinks often contain many calories with no nutritional value. Eat slowly, take small bites and chew slowly, enjoying the food. It usually takes about 20 minutes for your brain to get the message from your stomach that you are full. When you are finished with your plate and full leave the table, because lingering around the food may cause you to continue to eat even if you are not hungry.



Choose More Often:

- Turkey breast
- Chicken breast
- Mineral water
- Plain potatoes
- Tossed salad
- Steamed vegetables
- Fresh fruit
- Plain rice

Choose Less Often:

- Beef Prime Rib
- Pie
- Cake
- Stuffing
- Gravy
- Bread Pudding
- Candy
- Eggnog
- Sugar-sweetened beverages
- High-calorie alcoholic beverages

Comparing Holiday Choices

Turkey, light meat without skin (3.5 oz)	157	Calories
Ham, Smoked (3.5 oz)	175	Calories
Rice, plain (1 cup)	120	Calories
Potato, baked (1 small) with 1 tsp marg.	130	Calories
Carrots, cooked (1 cup)	45	Calories
French Bread (1 slice)	80	Calories
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Total	707	Calories
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Turkey, dark meat with skin (3.5 oz)	221	Calories
Duck with skin (3.5 oz)	337	Calories
Stuffing, plain (1 cup)	296	Calories
Potato, mashed (1 cup) w/gravy (1/3 c)	217	Calories
Yams, candied (3.5 oz)	168	Calories
Corn Bread (1 piece)	200	Calories
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Total	1439	Calories