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Bariatric Surgery

10 Tips for Getting Through the Holiday Season Successfully

By Constance Brown-Riggs, MEd, RD, CDE, CDN



Much has been written about weight gain during the holiday season. Some experts say as much as 5 pounds can be gained between Thanksgiving and New Year's Day. Other experts believe that for most people the bigger challenge is the weight gain between New Year's Day and Thanksgiving. But everyone can agree that the holiday season brings many more opportunities to over indulge. These 10 tips are designed to help you get through the holiday season sensibly - with everything intact - blood pressure, cholesterol, and blood sugar. Oh, and of course your weight!

1. Do have the traditional holiday foods you've enjoyed since childhood - but remember to enjoy moderate portions.
2. Concentrate on eating slowly - by putting the fork down between bites - and savoring the taste and companionship during the meal.
3. Choose to eat new foods or traditional holiday food rather than waste calories on everyday foods, like mashed potatoes or broccoli.
4. Eat a small snack about 1 hour before you go to a party so you don't arrive too hungry.
5. Upon arrival at the holiday party, place appetizers on a plate instead of picking on foods here and there. You'll be less likely to overindulge!
6. Scan the entire buffet table before you make your food choices. Choose small portions of food you *really, really* want.
7. Remember to enjoy other aspects of the holidays, such as socialization with family and friends, the spirit of the season, exchanging gifts, and holiday decorations.
8. Look your best! When you look good, you feel good. And when you feel good, you're less likely to seek comfort in food.
9. Balance the food aspect of the party with games or other fun activities.
10. If the holiday meal is at your house - pack up leftovers into goodie bags for your guests.

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