

# Tipping the Scale in Your Favor This Holiday Season

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Sensia Healthcare  
www.sensiahealthcare.com  
(414) 359-0800

Thanksgiving is almost here and that means the joys and challenges of holiday eating are also upon us. Most Americans gain an average of 2 pounds between Thanksgiving and New Years. That may not sound like much weight gain, but if you never lose it, you'll be 20 pounds heavier in 10 years! The good news is you can still enjoy those delectable goodies and maintain your weight if you follow the holiday eating tips listed below.



1. **Don't come to the table ravenously hungry!** Starving yourself earlier in the day is not a good weight control strategy. Start your day with a vegetable omelet and fresh fruit. Eat a light snack before you go to a party or dinner like a small carton of yogurt or peanut butter on a bagel thin half.
1. **Substitute new healthier holiday foods for some of the high fat favorites** like steamed green beans with roasted, sliced almonds instead of green bean casserole. Make stuffing with reduced salt chicken broth or apple juice in place of butter; add more vegetables or fresh cranberries or apples in place of half of the sausage.
2. **Set the table with smaller dinner plates** so you and your guests are less tempted to overload your plates.
3. **Plan ahead to fill your plate with half vegetables,** half lean white turkey and  $\infty$  starchy foods.
4. **Minimize alcoholic beverages.** Serve wine spritzers or club soda with a twist of lime or lemon over ice. A small glass of wine or light beer has a lot less calories than martinis or mixed drinks. Drink plenty of water to stay hydrated and feel full.
5. **Watch your portion sizes.** Choose a small amount of stuffing and unbuttered yams, but skip the mashed potatoes and dinner rolls. A small slice of pumpkin pie has less calories than pecan or two-crust fruit pies. Skip the whipped cream and save another 50 or more calories.
6. **Offer to bring a low calorie appetizer** to munch on like raw vegetables and low fat dip.
7. **Find ways to fit more activity into the day.** Organize a family walk after to dinner or toss the football around the yard at half-time of the football game. Get the kids playing Twister, a Wii sport or dancing to music. When you go out to malls or larger stores, make an extra few laps around the perimeter to get in some extra activity.

The holidays are a time of celebration, so get plenty of sleep and enjoy some fun activities to manage your holiday stress. By following these simple tips, you can feel confident you won't be fighting the battle of the bulge come January 1!