

Preventing Holiday Weight Gain

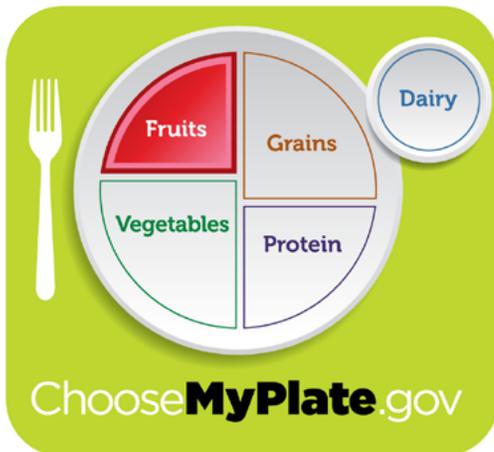


The key to managing overeating and enjoying holiday meals guilt-free is to watch your portion sizes. Remember the age-old wisdom: *everything in moderation.*

Tips for Preventing Overeating

- Control portion sizes
- Have a plan before you walk in
- Practice mindful eating

MyPlate



Try to follow the **MyPlate** recommendation at your next holiday party.

Choose lean proteins like white meat, skinless poultry (chicken or turkey), seafood, beans, pork tenderloin, or extra-lean beef.

Healthier grains include whole wheat breads and rolls, brown rice, oatmeal, and whole wheat pasta.

Sweet potato is a starchy vegetable that you can eat in place of grains.

Control Portion Sizes

Slow down: Wait 20 minutes to see whether you're still hungry.

Focus on your favorites: Take your food, focusing on your favorite dishes. Then grab a seat or stand in the opposite corner of the room from the food table, so you're not tempted to take more.

Ask for smaller portions: Or cut smaller portions for yourself.

- Equip yourself to face the social, physical, and emotional pressure to overindulge.
- Have a plan before you eat.
- What do you do when family says, "Eat more!" and you're full? Have a conversation ahead of time to seek their support and understanding.

Have a Plan Before You Walk In

- **Make healthier recipes** - Find a healthy recipe online or substitute healthier ingredients.
- **Never arrive hungry** - Have a healthy snack before you leave home.
- **Be prepared** - Decide ahead of time how much you will eat and drink.

Healthier Holiday Favorites

Appetizers/Sides	Try this alternative!
Collard Greens	Steam or sauté greens; flavor with turkey bacon
Latkes	Remove the egg yolks, which will also make them crispier
Dips	Replace mayonnaise/sour cream with Greek yogurt
Tamales	Replace lard with flavorful chicken stock or keep masa thin
Fried Foods (fried chicken, samosa)	Oven-bake instead of deep-frying

Entrées	Try this alternative!
Green Bean Casserole	Try roasted green beans with garlic and thyme
Fried Carp	Try baking or smoking instead
Stuffing & Gravy	Make your own and spoon away the fat that rises from the drippings
Mashed Potatoes	Try oven-baked sweet potato fries
Turkey or Chicken	Eat white meat instead of dark, which can have twice the fat
Pork (roasted pig, glazed ham)	Choose lean, low-sodium, and smoked cuts; and remove the skin
Enchiladas	Use low-fat cheeses

Sweets	Try this alternative!
Assorted Baked Goods	Substitute ½ the fat (oil, butter) with apple sauce
Muffins/Cupcakes	Use mini-muffin pans
Pecan Pie	Pumpkin pie is a lower-calorie option
Egg Tarts, Mooncakes	Replace white sugar with a low-calorie sugar substitute

Drinks	Try this alternative!
Eggnog	Make it yourself with more egg white and less yolk OR buy a low-fat version
Holiday Cocktails	Choose champagne or wine instead
Seasoned Coffee Drinks	Order with skim milk and without the whipped topping
Hot Chocolate	Prepare with skim milk; skip the whipped cream

Get the most enjoyment out of the foods you love by practicing mindful eating.

Mindful Eating

- **Be selective** - Don't love it? Don't eat it.
- **Make it yourself** - Bring a healthy dish you know you'll like, and eat that.
- **Limit alcohol** - Adds extra calories and may interfere with making healthy choices.