

## Here we go again

We love this time of year and we worry about it all the same. Here come the party invitations and all of them center around food. The holiday season doesn't mean you have gain extra pounds.

Everything fits into a well thought out meal plan. Remember these tips as you plan for your holiday celebrations:

- Be realistic. Don't try to lose weight during the holidays. Strive to maintain your weight. Balance party eating with other meals. Eat small lower-calorie meals during the day so you can enjoy holiday foods without overdoing your calorie intake for the day.
- Take the edge off your hunger before the party. Eat a small, low fat snack such as yogurt, string cheese or fruit before you head out the door.
- Meet and greet. Conversation is calorie free.
- Choose lower-calorie party foods. Have some raw vegetables, sliced fruit, cheese cubes and other healthful options from the buffet table.
- Bring a low-calorie dish to the party. Prepare a vegetable tray with low-fat yogurt based dip.
- Don't skip exercise. Keep your physical activity the same. Incorporate activities the family can enjoy. Try ice-skating, walking, skiing or sledding

Have fun! Enjoy the traditional holiday meals and party foods with family and friends while maintaining your healthy lifestyle.

Happy New Year