



# Wellness Buddy Wednesday Tip

## *“How can I enjoy holiday foods and avoid gaining weight?”*

*It's one of the most common questions asked by people this time of the year. Without a doubt from Thanksgiving to the New Year, the holidays are all about food. And not just any food, but rich indulgent foods that we look forward to all year long. Declining these pleasures just isn't an option! So, how do we eat wisely during the holiday season?*

- **Lighten up.** Modify a traditional recipe to fit into your eating plan. That green bean casserole with fried onions might be just as tasty or even better with roasted or caramelized onions instead.
- **Be picky.** While some holiday foods are an absolute necessity, you might feel less strongly about others. Leave those off your plate. That will give you more latitude to enjoy those “must-have” foods.
- **Plan ahead.** Adjust your day's eating, activity and medication schedules to accommodate a schedule that include a holiday party or a restaurant meal.



- **Bring a dish to share.** If you're going to an event where you know the foods served will be hard to avoid offer to bring along your own dish to share. Consider a vegetable or fruit-based dish that contains little or no carbohydrate, so you can enjoy it freely.
- **Scan the buffet table.** Give dishes the once over before loading up a plate (choose a cocktail plate, if available). Select salads, fruits and veggies during your first trip and then go back for bite-size portions of richer higher calorie items.
- **Make it about fun.** Spend more time in conversation and enjoyment than worrying about what's on your plate.

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*Providing guidance and support to make the "healthy choice the easy choice!"*