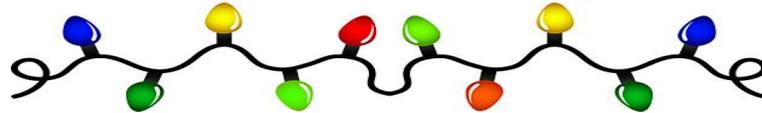
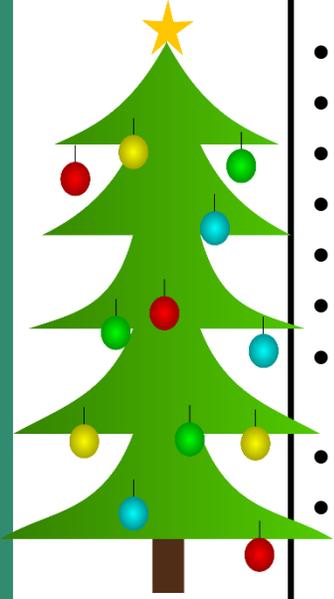


# HEALTHY HOLIDAY TIPS AND TRICKS

It's easy to overindulge in delicious meals and treats during the holiday season. On average, Americans gain **1-2 pounds** around the holidays each year. That may not seem like a lot, but if you don't lose that pound or two after the holidays, it starts to accumulate quickly. Below are some helpful tips to avoid putting on extra pounds this holiday season.

## TIPS & TRICKS

- Have a light meal or snack before a holiday party to **prevent overindulging**.
- Avoid socializing around the appetizer table.
- When choosing your own dish to pass, try a **healthier recipe**.
- Skip the caloric drinks; **stick with water**, coffee, or unsweetened tea.
- Use a **smaller plate**. This will keep your portion sizes in-check.
- Take a walk before or after a big meal.
- Fill your plate with salad, **fruits, and veggies first**, then go back for the higher calorie dishes.
- Skip the extra **butter** on dinner rolls and mashed potatoes.
- **Eat slowly** so you know when you're getting full. Did you know the "I'm full" feeling can take up to 20 minutes to hit after you're already full?
- Beware of the **booze!** Alcohol contains more calories than you might think.



## KNOW YOUR PORTION SIZES

- **Starches: ½ cup**
  - Potatoes, pasta, stuffing, corn, peas, baked beans
  - 1 small dinner roll or slice of bread
- **Proteins: 3 oz., the size of a deck of cards or the palm of your hand**
  - Turkey, steak, chicken, roast beef, prime rib, fish, seafood
- **Creamy Salads and Casseroles: ½ cup**
  - Green bean casserole, sweet potato casserole, broccoli salad, strawberry pretzel salad, creamed corn

## CALORIE DOOZIES

An average holiday meal contains around **3000 calories**.

- 1 cup of egg nog (no alcohol)
  - 223 calories
- 1 slice of pecan pie
  - 503 calories
- 1 dinner roll with butter
  - 310 calories
- 1 cup of homemade sausage stuffing
  - 445 calories
- 5 oz. of wine or 12 oz. of light beer
  - 95-125 calories

