



A+ Nutrition's Healthy Holiday Eating Tips

1. Eat a low-calorie snack 30 minutes before attending a party. A bowl of cereal with fruit or 8 ounces of water, an apple and a hard-boiled egg are good snacks.
2. Wear clothing that is a little snug. A tight dress or belt will remind you if you over-indulge.
3. When you get to a party, pick two favorite items on the buffet. Fill the rest of your plate with low calorie items.
4. Use a small plate to hold appetizers and snacks. You'll tend to eat less.
5. Indulge in a favorite food, eat a small amount. This will prevent bingeing later.
6. Limit your liquor intake to two drinks at least 30 minutes apart. The rest of the time, drink diet sodas or carbonated waters.
7. Position yourself away from the buffet table. Move, or move the food.
8. To a party, bring a low-calorie hostess gift that you can eat or drink.
9. Offer to help serve the food, this will allow you to control your portions.
10. Take one serving or one trip to the buffet table. Socialize the rest of the time, avoid second trips.
11. Focus on the good company and conversation, not the food. Enjoy.



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