

Lee High Health & Physical Education— November 2009



Healthful Hints to Eating Right throughout the Holiday Season

It is November and that means the holidays are right around the corner. Historically, the holiday season is the time of year when people put on the most weight. Even if you are a healthy eater for most of the year, it is hard to avoid those extra pounds over the holidays. One of the reasons this happens is that people are not as willing to go out for a jog or a walk because it is freezing outside. Another reason people gain weight over the holidays is that most holiday gatherings involve food. Here are some helpful tips to keep you from gaining weight during the holiday season:

8 Steps to Surviving Holiday Weight Gain

1. Take your own healthy snack to a holiday get together.
2. Take a walk or a jog after you eat a meal instead of a nap.
3. Drink water with your meals.
4. Don't skip a meal cause you want to save room for the party.
5. Eat smaller portions.
6. Concentrate on socializing at a gathering instead of the food on the table.
7. Skip dessert on some of the meals.
8. Fill your plate with more fruits and vegetables instead of meat and dairy products.

