

# TURKEY BURN



## 8 Weight Control Tips For The Holiday Season



# 1

**“Going on a diet”** — Instead of “going on a diet,” try changing the proportions of the foods you eat -- both at home and at holiday parties. Divide your plate into three sections and fill half of it with fresh fruit and/or steamed vegetables, one-fourth with starch and one-fourth with protein.

# 2

**Do a “trade-off”** — Eating more during the holidays can be offset, at least to a degree, by a moderate and daily increase in physical exercise. Don’t have an hour to spare? Try 10-15 minute brisk walks at intervals throughout the day.



# 3

**The healthy snack sneak** — Before a huge holiday meal or get-together, try eating a small portion of something healthy at home first. You could munch on some vegetable sticks or wedges of fruit. This will help curb your appetite and you’ll be less tempted to over-indulge on calorie rich foods at dinner.

# 4

**Phat Phiz** — Skip high calorie beverages such as sodas, juices, smoothies and blended coffee drinks. There are nearly 150 calories in one 12 oz. can of soda or juice. Smoothies and coffee drinks are often 250-500 calories, excluding the whipped cream.



# 5

**Don’t be a skipper** — Avoid skipping meals. Starving yourself before Thanksgiving increases the odds that you’ll overeat once you get there.

# 6

**More turkey, less gravy** — At holiday meals, try eating more of the smoked or roasted turkey and less of the stuffing, gravy and pie. Turkey is naturally lower in fat and calories.



# 7

**Nibble** — Eating more slowly helps you eat less and still feel satisfied.

# 8

**Be positive** — Remember that you control your weight; it doesn’t control you.

