

Tips for Holiday Treats

The holiday season is a time for well-deserved breaks and festivities. Gatherings usually come with lots of sweets, simple carbohydrate comfort foods and cocktails. The result is weight gain, as much as a pound each week during December. December weight gain is more than half of what people typically gain over the whole year!

Here are a few tips to help prevent holiday weight gain:

1) Eat when you're hungry

It is far better to eat reasonable meals beforehand so that you feel satiated and are less likely to overindulge in sweets or stuffing.

2) Eat your fat first

Fat will help you feel full. Snacking on your portion of these foods first, before eating the starchy sides and desserts, may help to curb your cravings. Good examples of fat are olives, olive oil, and nuts.

3) Go for a walk

A brisk walk after your meal will get you away from the food and make it less likely that you will help yourself to seconds and the physical activity will help to lower your blood sugar levels and insulin.

4) Recondition your brain

It is no mistake that highly processed foods such as cookies, crackers cinnamon rolls, boxed stuffing and more are engineered to appeal to your primal drive for calories, fat, sugar and salt. Junk food manufacturing is orchestrated to keep you buying more junk. Knowing this will help recondition your brain to say "No!" to the marketing giants!

REMEMBER: The best time to make your New Years' resolutions is the beginning of December - not the end! A few weeks of extra attention and care could make your whole year easier! Make choices that set you up for success and good health in the New Year.

Happy Holidays!

References

1 Nutr Rev. 2000 Dec;58(12):378-9.