

NMUDINING

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HAVE A HEALTHY HOLIDAY

A FEW SIMPLE TIPS TO HELP KEEP OFF THAT EXTRA WEIGHT OVER THE HOLIDAYS

Even if you have superhuman willpower, the holiday season is challenging for everyone. Staying on track can seem so daunting! But, as we all know, excess pounds don't disappear along with the decorations. Here are a few simple tips to help keep that extra weight off during the holiday season!



- Don't start your healthy eating plan the day after Thanksgiving! Be realistic and aim for weight maintenance during the Holidays.
- Remember if you're going to a holiday party, don't skip meals or not eat all day thinking you can then over indulge.



- If food is around, move away from the buffet or area where food is present! Eat slowly and taste each bite, drink lots of water or try chewing a piece of gum.
- Remember holiday drinks can have a lot of extra calories, especially if they have alcohol! Beverages such as eggnog can have an excess of 150-450 calories. Because our bodies don't sense liquid calories the same as solid calories, we tend to overindulge in drinks.
- If you do over-eat, don't get down on yourself, just get back on track at the next meal! Remember a meal of extra calories isn't going to get noticed, but if you continually over-eat throughout the holiday season you will notice a weight gain.



- If you have a current exercise regimen continue with this program! If you miss a day or two, don't beat yourself up and get back on track the next day. Exercise is a great way to limit the high stress that can be felt during holidays.
- Make family and friends the center of attention instead of food and beverages.
- Eat only when your hungry... but when you do eat, eat slowly! Try and drink water throughout the day and always pay attention to the liquid calories. Most of all, remember the holidays aren't all about food!

For any questions about
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needs, please contact:

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