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.

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.

For any questions about allergies or other nutritional needs, please contact:

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