

HealthyBy Choice

...One Day at a Time

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Maintain Don't Gain During the Holidays

10 Tips from WebMD

- 1. Control portions.** The more food we're served, the more we will eat -- even if we don't particularly like it! Keep your portions small, especially with calorie-heavy foods like gravy and desserts.
- 2. Keep moving.** Exercise is even more important for maintaining weight loss than for taking off the pounds in the first place. Getting regular activity can actually give you more energy to tackle that long holiday "to-do" list. If you just can't get to the gym, keep in mind that something is better than nothing. Do whatever you can to squeeze in 10-minute intervals of activity throughout the day.
- 3. Weigh in regularly.** Checking in with the scale at least once a week is the true test for maintenance. Remember to do it first thing in the morning. When the scale notches upward, that's your signal to cut back on portions or rev up physical activity.
- 4. Eat plenty of lean protein.** Boosting your protein intake with lean meats, skinless poultry, low-fat dairy, seafood, and beans will keep you feeling satisfied longer. When you visit the buffet table, opt for these lean protein choices and complement them with high-fiber grains, fruits, and vegetables.
- 5. Have a healthy breakfast.** People who eat breakfast end up eating fewer calories throughout the day. Breakfast powers up the brain, gets the metabolism perking, and helps you perform better.
- 6. Put it on a plate.** It's hard to keep track of how much food you're eating when you nibble without using a plate. Serving meals and snacks on a plate will help you avoid the mindless hand-to-mouth munching that can add lots of extra calories.
- 7. If you don't love it, don't eat it.** This is my golden rule. Why waste calories on foods that don't knock your socks off? One bite is usually enough to tell whether you love it. Save the calories.
- 8. Enjoy soup or a salad before going to a party.** Studies have shown that a first course consisting of a large green salad with a light dressing, or a bowl of broth-based vegetable soup, can reduce the total calories you eat during a meal. These super-nutritious foods take the edge off your appetite so you don't arrive starving and dive into the nuts.
- 9. Satisfy a craving with a few bites.** A piece of pecan pie or glass of eggnog can set you back by more than 400 calories. Enjoy just a few bites of such rich foods. Or choose lower-calorie alternatives (like pumpkin pie or low-fat eggnog) so your 200 extra calories will give you more to enjoy.
- 10. Savor every bite.** Sit down, relax, and enjoy every bite of your meal. Take your time and savor the flavors, textures, and aroma of each food. Eating slowly will help you enjoy the meal and will give your brain time to receive the signal that your stomach is happily full.



Give yourself the gift of guilt-free enjoyment of the holiday bounty.

Happy Holidays!



Make a plan...stay on track!!



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Stop Germs! Wash Your Hands.

When?

- After using the bathroom
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage



Hand Washing Steps



Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.

www.cdc.gov/handwashing



Clean Hands...Safe Hands.

