

Maintain Don't Gain: Healthier Holiday Eating

Enjoy the Foods You Love and Prevent Holiday Weight Gain

- ❑ **If you don't love it, leave it.** Focus on eating your favorites instead of unnecessary calories from foods you don't enjoy. If pecan pie is your go-to Thanksgiving dessert, but the table is overflowing with numerous options, choose a small portion of your favorite and skip other varieties that less than satisfy.
- ❑ **Portions matter.** Start out with a small serving on your plate and ask yourself twice before going back for seconds. Save the heaping spoonfuls for fruits and vegetables.
- ❑ **Try the three bite rule.** Eat slowly and savor. After a few bites of rich foods push the plate away or finish filling up on lower calorie options.
- ❑ **Show up only moderately hungry.** Eat a small snack before leaving the house and make sure to eat your regular meals to prevent overeating due to feelings of starvation. When you aren't feeling ravenous, it's easier to make mindful eating choices.

Take a look at how many calories actually are in those bites and how they can add up:



About 1 bite/sip of this:	Has this many calories:
Mashed potatoes	15
Candied sweet potatoes	30
Bread stuffing	21
Ham (1/2 oz.)	24
Onion dip	30
Gravy	50
Cranberry sauce	53
Mince pie	40
Pecan pie	50
Apple pie	41
Turkey breast	29
Cheddar cheese	55
Eggnog	50
Total calories	488

✓ Set a Week 1 S.M.A.R.T Goal:

Specific: Be specific about details about how and when.

Measurable: Identifies when success is obtained.

Action-based: Behaviors or actions being done on a consistent basis are crucial.

Realistic: If the goal is realistic, success will follow.

Timeline: Specify timeframe in which to accomplish goal.



Workforce Health

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