

Maintain Don't Gain: Social Gatherings and Parties

Enjoy the Holiday Festivities and Prevent Holiday Weight Gain



- ❑ **Bring a healthy dish to share.** There may only be chicken wings, meatballs and creamy dips served at the work holiday party, but if you bring a salad or vegetable tray to share, you are certain to have some healthier options to fill up the rest of your plate.
- ❑ **Slow down and focus on people.** Savor every bite of the food you are eating and make the parties more about the interaction with friends and family.
- ❑ **Location is everything.** Don't hang around the buffet table. Limit yourself to one plate of food and move on to socialize in an area with fewer temptations.
- ❑ **Pop a mint when you are done to seal your lips.**

Check out the many ways to enjoy 100 calories in some of your favorite holiday appetizers:

Splurge	Steal
➤ 1 square cream cheese vegetable pizza	➤ 3 oz smoked salmon
➤ 1 fried chicken drumstick	➤ 5 large shrimp with cocktail sauce
➤ 2 mini cocktail meatballs in sauce	➤ 1 cup raw vegetables and 1 tablespoon dip
➤ 1 cheese cube and 2 crackers	➤ 10 tortilla chips and 1 tablespoon salsa
➤ 1 small slice sausage	➤ 2 deviled egg halves
➤ 2 cocktail weenies in sauce	➤ 3 cups popped natural popcorn
➤ 0.75 oz fudge	➤ 1 cup fruit and ½ cup yogurt dip
➤ 1 peanut butter kiss cookie	➤ 14 almonds
➤ ½ frosted sugar cookie	➤ 2 meringue cookies

✓ Set a S.M.A.R.T Goal:

Specific: Be specific with 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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