

By: Brette Sember

Connect: Follow @completely\_you Share: Subscribe:

Most of us look forward to all the goodies the holidays have to offer, but no one celebrates those extra few pounds at the end of the season. Luckily, it's possible to enjoy yourself without gaining weight – as long as you stick to these tips.

# Don't under-eat before a party.

It's tempting to starve yourself before you go to a party, but the best plan is to eat normally, says Kareen Turner, a registered dietitian. "When you try to 'save' your calories for a party, you are more likely to overeat." Starting off the day with a hearty, healthy breakfast (Turner recommends oatmeal made with almond milk) will keep your appetite on an even keel all day and prevent you from making bad choices when hit your holiday event.

# Watch what you drink.

Alcohol is a big source of everyone's holiday calories. Four ounces of wine is 100 calories -- and most of us don't limit ourselves to just four ounces. Think of it as a trade-off. The fewer calories you sip, the more goodies you can sample. Try this calorie-cutting trick at your next holiday function: Have a glass of sparkling water every hour, suggests Allison Stowell, a registered dietitian.

# Eat mindfully.

Although you're celebrating throughout the season, that doesn't mean you can eat with abandon. Stowell advises you keep your



I floss before I brush, but my husband flosses afterward. Who's right?

<u>Get the</u> answer »



Poll

How much does your weight fluctuate in a year?

- A. 0-5 pounds
- B. 6-10 pounds
- C. More than 11 pounds

socializing in mind when you hit the party circuit. "Focus only on the person you are talking to and then eat when you can truly focus on the food," she says. "Too often, we overeat at parties because we simply can't remember how much we ate."

If the party comes with a buffet table, tell yourself you're only going through it once. That way, you can scan your options, choose what you want to taste, and then be done. Don't stand near the food table if you can help it, since it will just tempt you to nibble all night long.

#### Say yes to dessert.

But always ask yourself, "Is it worth it?" The answer might be yes when it comes to your aunt's homemade cookies, but no to the store-bought cake. If mini-cupcakes and tarts are on the menu, take advantage: You can eat several and really feel as though you've indulged.

### Go for the healthiest choices.

Shrimp cocktail is always a good choice (four large shrimps have only 20 calories) as is bruschetta, especially when it's made with fresh tomatoes. Loading up on fruits and veggies will make your plate look full (and keep you away from the high-cal options). Give those veggies a heart-healthy boost by pairing them with tapenade, guacamole, and hummus dips. Indulge in mini crab cakes, chicken satay or skewers, since lean protein fills you up quickly. As for dips, stick to guacamole, tapenade and hummus.

# More blogs from *Completely You*:

How Much Sleep Do You Really Need?

Should You Take Calcium Supplements?

Juicing Vegetables: Healthy or Hype?

Follow Completely You (@completely\_you) on Twitter!



Instant Confidence Boosters

٠



The longer your to-do list, the more important it is to give yourself a little TLC. Here's how.



Will Un-Friending Your Ex Help You Heal?

Recommended byoutbrain

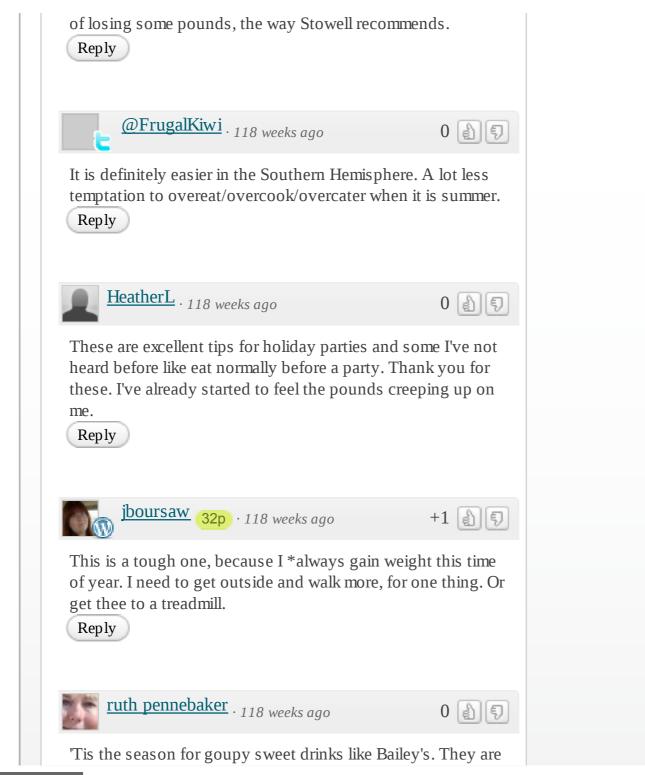
Read more about: Lifestyle, Health

#### **Brette Sember**

#### « PREVIOUS BLOG

NEXT BLOG »

Post a new comment								
Enter text right he	re!							
Comment as a Gu	iest, or login:							
🎸 intensedebate	WordPress.com	t twitter						
Name	Email	Website (optional)						
Displayed next to your comments.	Not displayed publicly.	If you have a website, link to it here.						
Subscribe to	Submit Comment							
None Comment	ts (5) ating Last Activity	💕 Login						
	32p · 118 weeks ago	+1 🔊 🗊						
5	xfast idea sounds wise g water rather than win							



my downfall Reply						
	Articles	Blogs	Tools & Tips	Expert Q&A	Self Checkup	

Leave Feedback - Terms of Use - Privacy - Contact Us - About Us - Twitter Party

# StudioOne

Copyright © 2014 Studio One Networks. All Rights Reserved