



Written By Chaya Charles, R.D.

Enjoy the Holiday Without the Weight Gain

Most Americans gain an average of 2 pounds over the holidays and while this doesn't sound like much, it can add up over the years. Between parties, family gatherings and an abundance of tasty treats around this time of year it can be difficult to eat healthfully. It is however possible to enjoy the season without expanding your waistline if you follow a few simple tips:

- ***Don't Skip Meals***

Saving your appetite for a big holiday party or feast? Don't. Skipping meals during the day usually leads to overeating. It is especially important to have breakfast. Research shows that those who eat this important morning meal, tend to consume fewer calories throughout the day. Include lots of fiber by eating fruits, vegetables and whole grains. Fiber-rich foods are high in volume and will satisfy hunger, but are lower in calories.

- ***Eat Small Portions***

Holiday meals tend to be large, buffet-style and include second and third helpings. While one might not eat an entire cake, a common mistake is eating large portions of foods that are perceived as healthy. It's important to include nutrient-rich foods in your diet, but also remember that these foods have calories as well and should be eaten in moderation. Using this approach at the holiday dinner table will allow you to maintain a healthful eating plan — one that can also include dessert.

- ***Pick a Strategy to Avoid Overeating — and Use It!***

There are many strategies to help you avoid overeating. Using a smaller plate, for instance, allows you to put less food on your plate and encourages proper portion sizes. Also, start by filling your plate with vegetables and salad before going to the entrees and desserts. Eating a salad before your meal can help you eat fewer calories overall. Eat slowly and savor every bite, and before you go back for seconds wait 10 minutes to see if you really still are hungry.

- ***Keep Moving***

Finally, after dinner, get some physical activity. Remember that exercise does NOT have to mean a trip to the gym. Walking, even around your home, is still physical activity and every little bit helps.

- ***Visit with a Registered Dietitian Nutritionist***

Your dietitian from OCO Nutrition Services, Chaya Charles, is available to speak with you via the telephone or sit down for an in person visit and answer any nutrition questions you may have. Call (315) 598-4712 to schedule a session today!

This Month's Featured Fruit:

Cranberries

These tart little super fruits are low in calories (only 25 calories per half cup) but high in vitamin C, vitamin A, and vitamin K.

High in antioxidants, cranberries have been linked to a lower risk of urinary tract infections, prevention of certain types of cancer, improved immune function, and decreased blood pressure.

Whether raw, cooked or dried, be sure to add some to your holiday meals for a healthy burst of nutrition!

