



Health Yourself Byte

HOLIDAYS AND WEIGHT MANAGEMENT

Avoid pressuring yourself to lose weight during the holidays. Consider yourself successful if you maintain your weight during this time of year. If you overeat one day, get back to healthy eating the next. You can step up your weight loss efforts come January!

Go for quality, not quantity.

Look at all your options before you fill your plate at holiday meals. Plan your choices around your favorite foods, but fill your plate the healthy way. First, fill half your plate with the “free” foods you like, such as a green salad and other veggies. Next, fill 1/4th your plate with low-fat protein choices, such as roast turkey or beef tenderloin. Finally, fill 1/4th your plate with your favorite starch selections, whether it’s the stuffing or sweet potatoes, or a little of both. Don’t waste your calories on foods you can eat any day, such as mashed potatoes and bread. For dessert, pick out your favorite but keep the portion small, such as a slice of pie the width of two fingers. At cocktail parties, first nibble on the veggies to help curb your appetite before you sample the heavier appetizers.



Here are a few suggestions for your Thanksgiving meal:

1. Roast the turkey with an herbed rub instead of butter.
2. Choose skinless light meat over dark meat.
3. Serve multiple side dishes that are based on fruits, vegetables and whole grains, such as apple salad with figs and walnuts or garden peas with fresh mint.
4. Rather than a 2nd helping of mashed potatoes and gravy, enjoy another serving of cranberry sauce or fruit salad.
5. Take a fresh approach to dessert with fruit-based options, such as an apple cranberry tart or pear bread pudding.

This Thursday, November 17 marks the 36th anniversary of the **GREAT AMERICAN SMOKEOUT** sponsored by the American Cancer Society. If you’re a smoker, try to quit for the day. If you’re a nonsmoker, adopt a smoker and help him/her quit! Go to www.cancer.org/Healthy/StayAwayfromTobacco/GreatAmericanSmokeout/index for tools and suggestions!

