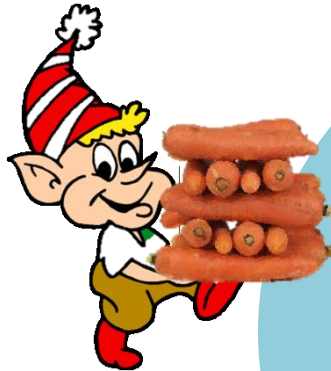


# Holiday **SURVIVAL** Tips



## Make a Plan

Enjoy those special holiday foods that only come once per year. Avoid foods that you can have at any time of the year!



## Vegetables First!

Our eyes are bigger than our stomach! You will always put more on your plate of the first thing!

- Load up veggies first
- Then add protein
- Last is starch

Same for dessert! Start with the lower calorie choices such as fruit and finish with the decadents.

## Don't leave home hungry!

If you are starving when you get to a party, you will overeat!

Plan a snack before you leave the house (cup of soup, veggies and dip, apple with nuts...)

## Be physically active every day!

Walk, run, snow shoe, ski, skate!



## Keep your hands busy!

You will less likely eat without thinking!

Keep a drink, a napkin or a tooth pick in your hands!

## Eat three meals per day!

# Holiday SURVIVAL Tips

## Watch your portion sizes!

Place your protein and starches on the smallest plate and use your large dinner plate for veggies.

Also use small plates for you deserts!

## There is the same amount of food in each plate!



## Choose your beverages wisely!

Alcoholic beverages are loaded with empty calories!

Have one glass of a higher calories beverage then switch to a low calorie choice for the rest of the evening!

## **Be a food Snob!**

If you don't love the treat you are eating, don't finish it.

### Wine



1 glass (250ml)  
195calories

### Beer



2x 12oz  
Regular: 300calories  
Light: 200calories

### EggNog (No alcohol)



250ml  
225 calories

### Baileys



2x 50ml glass  
325calories

### Rum and coke



7.5 oz  
170calories

### VodkaCooler



355 ml  
250 to 370calories

### Sparkling wine



6oz  
125-140calories



1 Donut

Regular:  
1 Slice of  
Chocolate cake

Light:  
1 snickers bar



2 small scoops of  
chocolate ice cream



6 Oreo cookies



14 sugar cubes



6 chocolate chips  
Cookies



1 small double-double  
coffee