



Avoiding the Holiday Pounds **Whitney Young, ND**

Many people gain 2-5 pounds over the holiday season. It is a time of celebration and indulgence. There are many ways to stay healthy and avoid gaining weight. Post this list on your refrigerator over the holidays to remind yourself to think of yourself and your goals first.

As the Host:

- Use smaller plates
- Choose recipes with fresh, seasonal produce: apples, pears, cranberries, fennel, root vegetables (carrots, parsnips, sweet potatoes), squash, turnip, pumpkin
- Choose low fat cheeses and put out plenty of grapes, apples and celery with your cheeses
- Substitute yogurt for sour cream or mayonnaise in dips
- Choose olives, nuts, salsa, guacamole, and hummus as appetizers
- Roast turkey on a rack to allow for fat drippings, Baste meats with lemon juice (alone or mixed with herbs)
- Sweeten cranberry sauce with apple butter, orange juice, or stevia
- Have a bowl of nuts or grapes next to the sweets tin, then you must choose

As the Guest

- Eat small healthy snacks before leaving for a gathering
- Help clear the table as soon as everyone finishes rather than sitting and picking at leftovers
- Eat turkey without the skin, it is high in saturated fat
- Alternate alcohol with water, this will cut your calorie intake in half!
- If you want to fill your plate, do it with colourful vegetables.
- Stop eating when you feel full.
- Chew your food slowly so your brain can catch up with your stomach and realize it is full.

For Everyone:

- Use teas to settle your stomach: chamomile, peppermint, ginger, fennel, green tea.
- Sipping a teaspoon of apple cider vinegar in water 10-15 minutes before a big meal can help your digestion.
- Maintain or begin an exercise regime. Just 20 minutes of brisk walking a day can help maintain your weight or reduce your weight.
- If you eat too much, go for a brisk walk after dinner or add 10 minutes to your walk the next day.