

## EAT TO LIVE

# Healthy holidays

### Eat, drink and be merry without gaining a pound

BY VALERIE A. RUSSO  
For Living Well

**A**mericans, on average, gain only one pound between Thanksgiving Day and New Year's Day. But they don't lose that extra pound after the holidays, resulting in significant weight gain over the years.

Kathy Jordan of Stoughton - a registered dietitian, personal trainer and fitness book author - can help you party without packing on the pounds. Here are her tips for healthy holidays:

**1 Fit in fitness.** In good weather, go out for a walk. In bad weather, walk at the mall before the stores open. When you can't get to the gym, use free weights and a fitness ball at home for 10 or 15 minutes, once or twice a day.

**2 Plan ahead.** Eat at least five servings of fruits and vegetables every day. Take a cooler filled with low-fat

yogurt, fruit, fresh veggies and water on all-day shopping trips so you can resist high-calorie foods and drinks at the mall. For a party, prepare healthy and tasty snacks, such as 4-inch skewers of different fruit alternating with chunks of low-fat cheese. At the party, eat only your favorite foods; use a salad plate to control portion size.

**3 Don't arrive hungry.** Before the party, eat a vegetable broth-based soup, such as homemade Butternut Squash Soup, which contains butternut squash and apple cubes, sautéed onions, low-sodium chicken broth and your choice of curry, pumpkin pie spice or maple syrup seasoning.

**4 Water works.** Add a slice of lemon, lime, orange or cucumber and kiwi to a glass of ice water and carry it around at the party. With a glass in your hand, you'll be less tempted to reach for a snack or alcoholic drink.

**5 Go away.** Don't sit by the buffet table or snack station. Don't eat anything out of the serving container; put it on your plate to see how much you're eating.

**6 Get involved.** Take photos of the guests, the food and the decorations. Sing holiday songs. Take the kids for a walk. Play Scrabble and other games. Help clean up. Holiday parties are not just about the food.

Source: Researchers at the National Institute of Child Health and Human Development and the National Institute of Diabetes and Digestive and Kidney Diseases.

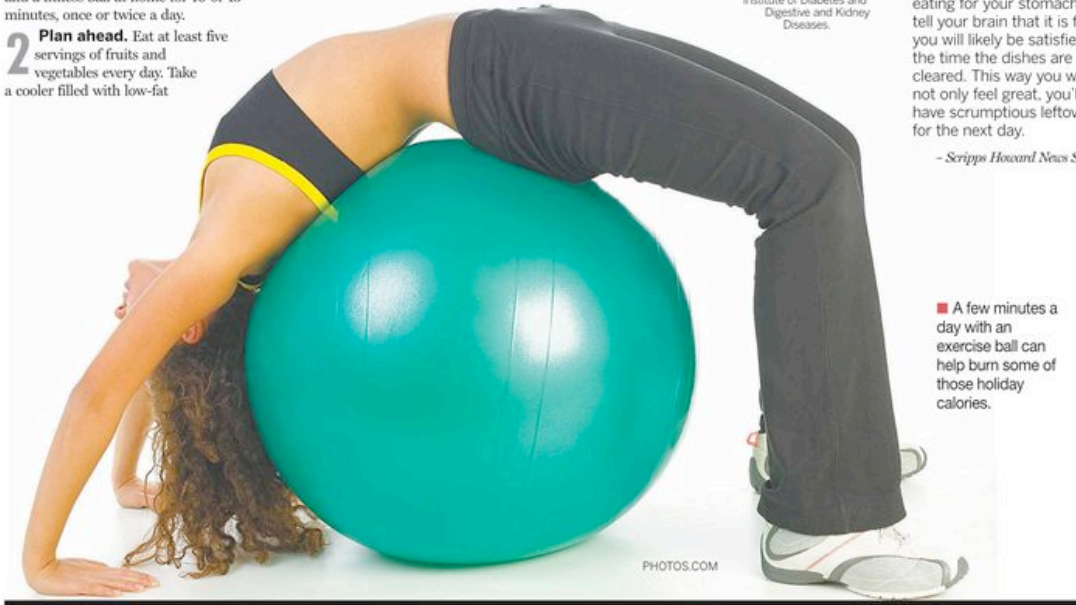
## Don't stuff yourself

To enjoy your Thanksgiving meal without leaving the table as stuffed as the bird, try this: Eat slowly, savoring each delicious bite, and stop eating when you are at a 6 on a scale of 1 to 10 where 1 is starving and 10 is painfully stuffed.

You may feel like you could eat more, but since it takes about 20 minutes after you have stopped eating for your stomach to tell your brain that it is full, you will likely be satisfied by the time the dishes are cleared. This way you will not only feel great, you'll have scrumptious leftovers for the next day.

- Scripps Howard News Service

■ A few minutes a day with an exercise ball can help burn some of those holiday calories.



PHOTOS.COM

10 Living Well - November 2010

POWERED BY TRAVIDIA

WEB BROWSING REDEFINED FIREFOX 3

IYP and SEO vendors: SEO by eLocalListing | Advertiser profiles | Yellow Pages by Premier Guide | Zope Corp.