



6 TIPS TO AVOID WEIGHT GAIN THIS HOLIDAY SEASON

Answer the WHY Question before you go to a party. Get clear, know why!

Ask yourself, "WHY are you going to this party?" Is it because you want to spend fun time with friends or colleagues, meet new peeps, or eat and drink for free, etc. Once you're clear on why you're going it's easy to have a guilt free party.

- If your goal is to spend time with your friends, colleagues or family members make that your focus of attention and food becomes secondary: MAKE IT ABOUT THE PEOPLE, NOT ABOUT THE FOOD**

TAKE YOUR FAVORITE HEALTHY DISH TO THE PARTY.

If it's that kind of party

- Take with you one or two dishes you can eat, that you like and are healthy. Other guests will enjoy it too.**

You can be a catalyst of change for others, instead of other influencing you.

DO NOT GO HUNGRY

Particularly if you can't take food to the party.

- Facing hunger when you have lots of foods "calling your name" is like trying to hold your breath for 30 min. IMPOSSIBLE!**

Answer this question: ARE YOU THIRSTY?

Often times you're dehydrated and you need water not food. Make sure you pay attention to your body and be well hydrated before eating.

- Have a cup of tea or glass of water 30 minutes before the food is served.**

AT THE PARTY EAT VEGETABLES FIRST (RAW OR COOKED)

Vegetables due to their high water and fiber content are high volume-low calorie foods that physically will take up a lot of space in your stomach, and make it a bit harder to eat other so called "yummy" foods.

- Have salad first**
- Choose as appetizers low carb, high fiber, and high protein foods (e.g. salad, raw vegetables, cheese, eggs, meats)**

CHEW, CHEW, CHEW!

Chew your food well, and take your time before you go for seconds.

- Give yourself 20-30 minutes before you go for seconds.**

That will give enough time for your stomach to communicate with your brain and **let you know that you're actually FULL.**