Did you know the average person can gain almost 10 pounds during the holiday season? Here are some “Holiday Eating Tips” to reduce weight gain:

- Use a small plate at holiday meals & provide small plates for guests at holiday parties. Doing so will help keep portions smaller.
- Try not to go back for seconds. Watch the gravy, sauce, butter & desserts & make sure to eat bigger portions of healthier items, like vegetables.
- Lean meats, fresh fruits & fresh vegetables are excellent ways to maintain weight.
- Read nutrition labels to make healthier choices.
- When preparing food, try to lighten up recipes with lighter, healthier varieties. Steam vegetables rather than loading them up with sauces & butter.
- Provide whole grain crackers, nuts, low-fat veggie dip, non-alcoholic beverages & smaller plates if hosting a party.
- Make the party fun & not food-oriented. Play games or do things outside if it’s warm enough. Be active!
- Also, keep exercising most days during the week for at least 30 to 60 minutes. Families can go for walks or go sledding during Christmas break.

Information from: http://www.extension.org/pages/30864/healthy-holiday-chat