




Holiday Eating Tips

Master Instructor Dibble and the rest of the Staff at United Kung Fu are happy to share with you the following Holiday Eating Tips to help guide you through the holidays in a way that maintains the progress you have built up all year in your health and wellbeing.

1. **Don't go hungry.** Eat a snack or light meal before you leave. Foods high in protein, like cottage cheese, nuts, or eggs help you eat less later. Fasting ahead of time to leave room for a big meal often leads to overeating.
2. **Fill up on fiber.** Choose appetizers that will help you meet the recommended guideline of five to ten servings of vegetables and fruits a day.
3. **Eat smaller portions.** This is especially important at a buffet, where you may want to try everything. Instead, choose the items you want to try the most, and eat a small portion of each. Consider sticking to the once a year foods and leave behind your everyday snacks.
4. **Pace yourself.** Many times, people eat so fast that their stomachs do not have enough time to register they're full. Eat slower, savoring each bite and enjoying the taste of the food; chances are you will eat less and not overeat.
5. **Limit fast food.** Don't let a hectic holiday schedule force you to rely on eating fast food. Prepare and freeze quick healthy meals ahead of time.
6. **Bring a low-calorie dish** to holiday parties. Your host will appreciate the contribution and you will know that at least one healthy item will be on hand.



7. **Be realistic.** Do not try to diet during the holidays. Set a goal to maintain your present weight. Get back on track if you go overboard.

8. **Limit alcohol consumption.** Replace alcoholic beverages and sugary punches with hot cider, sparkling apple or grape juice, and flavored waters.

Plan on staying away from the booze.

Look, a drink or two isn't going to be the end of the world. But when two turns to three...

I'm not getting on my soap box here. I'm just telling you something you already know: Booze leads to bad decisions. And in this case, we're talking about bad eating decisions.

When alcohol enters the equation even the best laid plans crumble. The extra calories from the cocktails is one thing. But really it's the extra calories you chew that start to add up. One piece of cake turns to two...

A handful of chips turns into a bag... The dip sitting in front of you mysteriously vanishes...into your belly... You get the picture. ;-)

Have fun. Enjoy yourself. Just be conscious of what alcohol does to your decision making. Here's a thought, try drinking water...

9. **Socialize.** Engage in conversation and activities to draw attention away from the buffet table.

10. **Proximity.** Position yourself away from the food and from the kitchen. Let it be where it is, and focus on engaging with others with your holiday *presence*.

11. **Be active.** Look for ways to incorporate some daily physical activity during the holidays. Enjoy a brisk walk, either outside or at an indoor mall. Exercise can be a huge stress reliever.

Thank you to Dave Brown of Underground Functional Fitness for contributing to these Holiday Eating Tips.