‘Tis the Season to Eat, Drink and Stay Healthy!

For most of us, the upcoming Thanksgiving holiday is the beginning of weeks of nonstop celebratory eating and drinking. Starting in November and continuing through January we gather with friends, family and coworkers to celebrate Christmas/Hanukkah, New Year’s and the Super Bowl. On average, Americans gain 4 to 7 pounds during this time! The good news is that it is possible to enjoy the holiday festivities and stay healthy by following a few sensible strategies.

Be realistic. Make it your goal to maintain your weight over the holidays. Attempting to diet will most likely lead to failure, guilt & added stress. No gain in weight is a huge accomplishment!

Plan ahead. Don't skip meals on the days of parties and holiday gatherings. Instead, eat small meals at regular times and have a light snack before you go to take the edge off your appetite.

Be choosy and make calories count. If eggnog is not your favorite – skip it! Spend your calories on a small portion of something you really want, like the chocolate torte.

Balance your choices. Fill _ of your plate with lower calorie, nutrient-rich foods (such as vegetables, fruits, shrimp, roast turkey). Reserve the remaining _ of your plate for anything you want. Pace yourself, savor all the flavors & avoid seconds!

Watch your alcohol intake. Alcohol can easily add 100 to 1,000 calories to your meal and may stimulate your appetite. Choose a light beer or glass of wine over creamy and blended drinks. Sip slowly & have a glass of water between drinks.

Get enough sleep and get daily physical activity! Exercise burns calories and both sleep and exercise reduce stress hormone levels. Stress is a common trigger for overeating. Walk briskly for 30 minutes daily & catch your ZZZs!

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