

Visualize Your Holiday Success!

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I'm sure you already know many ways to maintain your weight during the holidays. This may include avoid skipping meals, eating more veggies and limiting desserts. However, knowing something doesn't always mean you'll actually do it. Athletes have been known to visualize a win prior to competition - that way it becomes a reality. Why not use the same technique to your holiday feasting? Repeatedly visualizing your plan of action will make it easier to follow through. Soon you'll be on your way to nutritional success!

Before you even pick up a plate, survey the landscape. See what options are available. How can you emulate your practiced visualized healthy plate with the options in front of you? Not sure what a balanced plate looks like? Check out these options as a "visual starter kit"

Protein

Ideal portion is about the size of your palm, or a 1/4 of your plate. Choose lean cuts of meat whenever possible. Limit sauces and gravies.

Carbs

Keep your portion to the size of a tennis ball. Remember to be choosy and only go for the special treats. Can't decide on which "starchy" item to have? Have them. Just choose smaller portions of each. Eat your veggies first! The fiber will fill you up and prevent you from overeating.

Vegetables

Fill at least 1/2 of your plate with non-starchy veggies. Limit or avoid veggies that are breaded or covered in a creamy sauce.

CAN'T PASS UP DESSERT?

Fruits are naturally sweet and tasty, so opt for these whenever you can. If fruit is not available, you can always split your dessert with a friend or family member. Your waistline will thank you and so will your friend - chances are he/she is trying to stay healthy over the holidays too! Portion out a small slice of a tasty treat. Average calories for a 1/8th slice of a standard pie is about 350 calories.

WANT TO ADD ICE CREAM TO YOUR DESSERT?

Stick to about 1/4th cup (1/2 of a tennis ball) when you combine it with another dessert.

Tips

Whenever possible, put any dressing, sauces or gravies on the side to limit calorie intake!

Try the three bite rule. 1st bite is for taste, 2nd bite to savor, 3rd bite is enough to satisfy your palate and move on.

Hopefully these tips will help you with your health & fitness goals during the holidays. Let us know how it goes. Happy Holidays.

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