



## ◆ PLAN YOUR PARTY STRATEGY

Don't save up your calories for one big meal. You will definitely overeat. Instead, eat sensibly throughout the day. Once at the party, try not to position yourself right next to a buffet table. Distance yourself and if possible, sit down to enjoy your meal. If you over do it at a meal, just go back to your regular eating plan the next day.

## ◆ DRINKING YOUR CALORIES ADDS UP QUICKLY

Be mindful when you drink. If you can, drink a glass of water or club soda between alcoholic drinks. If using mixers, try diet sodas, club soda or water. If you are drinking alcohol, remember that you will be less inclined to make good food choices, too.

Drink	Serving size (oz.)	Calories
Beer, regular	12	150
Beer, light	12	105
Wine	4	80
Eggnog (with alcohol)	8	450
Eggnog (no alcohol)	8	350
Perrier or sparkling water	12	0
Vodka, Rum, Whiskey, Scotch	1.5 shot	100
With mixer	12	230

## ◆ SAY YES TO SOME...BUT CHOOSE CAREFULLY

It is hard to resist all of the tempting holiday treats. If you do deprive yourself, you are bound to overeat later. Instead, plan your strategy with the following calories in mind:

Food	Amount	Calories
chocolate Christmas balls	5	125
mixed nuts	one handful	400
sugar cookie	1	60-80
raw veggies and dip	small plate	50

## ◆ TO STAY FIT, FIT IN EXERCISE

Move it to lose it...even on the most hectic days, try and do something active. Exercise will relieve you of the additional stress you may feel during the holiday season. Use stairs, park far away from the entrance and take a 30 minute "power walk" around the mall before you start shopping.