

EAT/SMART MONTH

Celebrate with no regrets

Tis' the season of holiday and end-of-year parties and special events. The festive atmosphere and free food and drinks can make it very tempting to ditch your healthy eating plan! Try these tips to celebrate the season without overdoing it:

+ **Keep portions in check.** Put less on your plate and pass on that second helping. Split appetizers, entrees and desserts with others. Use a smaller plate when possible so a small serving will look like more.



- + **Bring a dish.** If the event is potluck (or even if not), offer to contribute a lighter option. That way, you'll have at least one healthy choice!
- + **Go easy.** Avoid loading up on foods that are fried, buttered or have a lot of cheese or cream. Look for fruit, veggies and dip, whole grains and baked or grilled items.
- + **Be prepared.** Have a healthy, high-protein, high-fiber meal or snack before you go to the event. If you're not hungry it will be easier to avoid overeating.
- + **Mix it up.** If alcohol is being served, alternate each glass with a glass of water. This will quench your thirst and fill you up so you'll be less likely to overindulge.
- + **Try a mocktail.** Enjoy non-alcoholic versions of your favorite cocktails to lower the calorie count. Just watch out for added sugars.
- + **Treat yourself.** Try bite-sized tastes or split portions of desserts and other treats.