Gearing up for the Holidays!

Holidays!
A simple guide on how to eat, drink and be merry without increasing your waistline.

Top Tips…

Continue the good habit of eating breakfast to help control cravings later on.

Eat a healthy lunch or dinner before you go to a holiday party.

Take a low-calorie or low-fat appetizer to parties. That way you have at least one healthy alternative.

Stay away from places where snacks and goodies are offered or stored-like the break room at work or the pantry at home.

Be extra good on non-party days!

Give yourself permission to enjoy a little of everything that is usually only available during the holidays, but do so in moderation.
Fill Up on Fiber

Fiber makes you feel full, so you’re less likely to stuff yourself on the high-calorie foods.

Fit in Exercise

The holidays are not a time to take a vacation from your workouts. Stick to your regular exercise routine. It's one of the best ways to fight fat gain during the holidays. So regardless of what comes between you and your workout, try not to eliminate it all together. If you’re like most people, you’ll need to let off some steam during the often-stressful holiday season, and exercise is the perfect stress reliever. Plus, it helps to burn off the extra calories that you’ve eaten at those parties and holiday get-togethers. Spend an afternoon at an ice-skating rink or build a snowman outside.

Manage Alcohol Consumption

At holidays, alcohol flows. Keep in mind that wine, beer and hard liquor are high in calories. Alcohol also stimulates your appetite. You can avoid drinking alcohol and still remain social by sipping on club soda or sparkling mineral water on the rocks with a citrus twist.

Keep in mind…

- 5 fluid ounces of wine
- 12 fluid ounces of beer
- 1.5 fluid ounces of 80-proof hard alcohol (like gin, vodka, or whiskey)

...all ring in at about 100 to 150 calories each.
Apple, Pear and Walnut Salad from Aunt Jane:

**Ingredients**
- 2 tablespoons red wine vinegar
- 2 1/2 tablespoons orange juice
- 1 orange, zested
- 1/2 cup raisins
- 4 apples, preferably use to or 3 different kinds
- 2 pears, preferably red and green
- 2/3 cup walnuts, toasted and coarsely chopped
- 2 tablespoons extra-virgin olive oil
- salt
- freshly ground pepper

**Total Time:** 1 hr 20 min  
**Yield:** 6 servings

**Directions**
In a large bowl whisk together vinegar, orange juice, zest, and raisins. Core and cube apples and pears. Add fruit and walnuts to a bowl and drizzle with oil. Toss well to combine. Season, to taste, with salt and pepper. Refrigerate 1 hour before serving.