



Party Planning!

As the holidays approach, so do all of the holiday food traditions. From cookie exchanges to holiday parties, many of the season's festivities focus on food. Despite the fact that we usually follow up the holidays with New Year's resolutions to lose weight, many of us hold on to the extra pounds we pick up. Research suggests that prevention may be the best strategy. It appears that in an attempt to keep things consistent, our bodies may actually resist changes in our weight even when we eat less and exercise more. Unfortunately though, our bodies seem to be less resistant to weight gain than to weight loss. With this in mind, you may be more successful if you take a few small steps to maintain your weight instead of focusing on losing weight after the parties are over.



Choose Strategically.

Start your plate with nutrient-dense choices such as fruits and vegetables that can help fill you up on fewer calories. Stick with small portions for foods with added sugars and fats, which can quickly add extra calories. Choosing unsweetened drinks, lower fat dairy products, and baked instead of fried items more often can save enough calories to keep things in check... and make room for the occasional cookie exchange.



Find time to move.

Success in health needs to include both eating well and being more active. If you find yourself too busy to stop at the gym, move more by making activity part of your day. Try parking further away, taking the stairs or walking to a coworker's office instead of calling or emailing.



Do well...most of the time.

It is important to remember that what you eat on most days is more important to your overall health than what you do occasionally. So, if you find that you may have overdone it a bit at a holiday party, remember that it is only one day and get right back on track!

REFERENCES:

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