



Healthy Living at Hannaford

Surviving Holiday Parties without the Weight Gain

The holidays are a time for family, friends, fun, festivities, and of course, FOOD! With the many temptations of cookies, pies, and indulgent rich foods this season, try these tips to help manage your weight at your next holiday gathering:

1. Eat a snack before the party to curb your appetite and insure you won't show up hungry. An apple, a Dannon® yogurt cup, or a small salad is a great light choice.
2. Bring a low-fat holiday dish to the party. You will be happy knowing there is at least one dish you can enjoy without breaking your diet.
3. Head to the fruit, vegetables, lean meat, and whole-grain crackers. Use small plates to help control portions sizes.
4. Mingle more than you munch. Focus on family and friends, not food.
5. Stand away from the food table. Hovering near the food often leads to more eating.
6. Keep in mind that calories from drinks add up too. Try lighter versions of seasonal favorites, such as eggnog. Even hot beverages, such as flavored coffee or tea or spiced cider, can add a festive touch to the event.
7. Keep your hands occupied with a low-calorie drink in one and a plate of low-fat goodies in the other to keep you from snitching from the food table.
8. Chew gum after you finish eating. With fresh minty breath, you may be less likely to go back for seconds or thirds.
9. Delay dessert. If you wait 20 to 30 minutes after eating healthy foods, your craving for sweets may be less than when you first arrived.
10. If you are throwing the gathering, pick a time of day that does not revolve around a meal.
11. Go ahead and say yes. If you can't stop thinking about Cathy's famous pecan pie, then enjoy a small slice after a well-balanced meal and refrain from seconds. One slice will not destroy your diet, but eating half the pie will ultimately lead to feelings of guilt and frustration, not to mention weight gain.



Interested in learning more?

Our registered dietitians hold classes, have on-the-sales-floor nutrition demonstrations and do healthy store tours. They can give you the information you need to make the healthy life style changes you want.

You can also email a private message to our staff registered dietitian, for free nutrition advice at [hannaford.com/asknutritionist](mailto:asknutritionist@hannaford.com).