



Holiday Hacks: How to Handle the Buffet

- ★ Whether it's the family gathering, the staff lounge, gifts from your students or treats from your neighbors, the stream of holiday goodies seems endless from October through December. Don't let the never-ending buffet derail your progress toward a healthier you! Try some of these holiday hacks whenever you're faced with holiday temptations.
- ★ Bring a dish with you to the party. There are very few circumstances where the host does not appreciate an additional item added to the table. Bring a healthy dish you know you can count on when you load up your plate.
- ★ Fill your plate with veggies first. Then add bite-sized amounts of other items in space that's left.
- ★ Only eat what is truly a special food for the occasion. You can get M&Ms any day of the year and you don't even really like Aunt Ruth's famous marshmallow candied yams. So why bother?!
- ★ Avoid the booze. And if you decide to have imbibe, stick to a rule of 2 glasses of water for every alcoholic drink.
- ★ Practice saying "no thank you." It's perfectly ok to turn down offering of extra helpings or dishes you don't want. You can also use excuses like "I am so full!" or "I have a dinner party to attend after this" or "I think I'll have some a little later."
- ★ Do not stand next to the food table.
- ★ Hold onto a drink glass while at a party to keep your hands busy.
- ★ Before putting foods on your plate, visualize how you will feel AFTER eating it and if it will be worth it when you look back on it tomorrow.

