

Lifestyle Lessons

Personal risk management tips provided by:
KorthaseFlinn Insurance & Financial Services



Healthy Eating As You Celebrate

As you give thanks, give holiday gifts and ring in the new year, all that celebrating seems to catch up with your waistline. Typically, the average adult who is at a healthy weight gains one pound due to the holidays. For those that are already overweight, their weight gain is normally at least five pounds around the holidays.

Festive Food Smarts

In spite of the statistics, there are some healthy things you can do while celebrating to stay in control of your eating and drinking.

- Do not leave the house on an empty stomach; you will overeat once you arrive at a party because you are starving. Instead, have a healthy snack before you leave the house, such as a piece of fruit, a handful of nuts or low-fat yogurt.
- Avoid standing or socializing near the food table.



Healthy Hints

What are the best foods to eat at a holiday party? Here's the caloric content of some holiday favorites:

- 1 shrimp and cocktail sauce = 8 to 10 calories
- 1 carrot and dip = 10 calories
- 1 (small) chocolate Santa = 25 calories
- 1 stuffed mushroom = 40 calories
- 1 mini quiche = 75 calories
- 1 pig in a blanket = 90 calories
- 1 peanut butter cup = 95 calories
- 1 mini éclair = 100 calories
- ½ cup of chocolate mousse = 290 calories
- 1 slice of cheesecake = 400 calories

- Fill your plate with healthy foods such as salad, fresh fruit and vegetables. Then, leave the remainder of your plate for small portions of less healthy foods that you really love.
- Make mingling a top priority by keeping yourself occupied in conversation and away from food.
- If you are in the mood for something sweet, eat a piece of fruit rather than a piece of cake.
- Limit your alcohol intake. It increases hunger and also reduces your willpower to refrain from overeating. Also, some mixed drinks, such as eggnog, have as many calories as many desserts, so be wary before taking a sip.
- Drink a glass of water or seltzer between alcoholic beverages and order mixed drinks with diet soda.
- When you start to feel full, stop eating!

The battle of the bulge is not limited to holiday parties and celebrations. If you get food as a gift, take a small taste and then bring the rest to work for your coworkers to enjoy. Or, donate unopened foods to a local food bank.

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