

Celebration Tips

Many people consider the American holiday season to begin with Thanksgiving and not end until Super Bowl Sunday. These various gatherings mean special people, special foods and lots of temptation to indulge. In fact, studies show that the average American gains 8 to 15 pounds during this time frame.

While celebrations often lead to overeating, it is easy to keep things under control if you've got a plan:

- Start your day with a small meal that includes whole grains, fruit, dairy foods and protein like eggs, ham or peanut butter.
- Grab smaller snacks throughout the day, saving most of your calories for the main meal.
- Don't starve yourself before the meal. The longer you go without eating, the more you eat when you sit down for a meal.
- Select foods carefully. Think about what foods you want to eat, which ones you will just sample and which ones you will skip.
- Lastly, enjoy the celebration. Pace your eating and spend time visiting. You'll eat less and feel good about what you've eaten.