

Holiday Weight Management Ideas

By Mary Jo Kurtz

December is not the month to expect major weight loss but you can manage your weight by doing the following:

1. Concentrate on getting ample protein. This will help in two ways. First, you'll feel more satisfied at the end of a meal so you're less likely to crave dessert. Second, if you do choose to indulge after dinner, the protein will protect you from a crash after the sugar wears off. When our blood sugar is low, we are much more likely to eat even more sugar.
2. Eat before the party. Let's face it, the fare at cocktail parties is yummy but not always in your best interest. Finger food tends to be fried, heavy on the dairy and the carbs. I went to a 6 pm cocktail party on Saturday night. At 5 pm, I ate a huge piece of fish. When the trays of fattening treats were passed under my nose, I was able to decline without feeling deprived. I still let myself cherry-pick the items that were lower in fat and carbs. I still enjoyed the food but because I wasn't hungry, I was able to focus on my friends and the conversation.
3. Take a nap when you're exhausted. When we are overtired, our ability to resist carbs and sugar goes right out the window. Get your pick up from a nap rather than a brownie. Better to lay down for the fifteen minutes you'd spend eating the holiday treats. It takes a lot of discipline to stop everything during the hectic holidays and give yourself 20 minutes of shut eye. Instead of feeling selfish for napping, applaud yourself for taking good care of yourself. You'll be setting an excellent example for your family and you'll give them permission to take care of themselves when they need to.