



“Follow the Apple’s Laws for avoiding Holiday Weight Gain.”

For many of us, this is the time of year where we throw our eating habits to the wind, call it a day, say well, the new year is coming up what's the point in doing anything now?

Well, you can both enjoy the holidays and not gain weight by following these few simple rules.

1) **Move!**

Take a family walk! Get everyone up and moving, before you eat. By doing this you'll spend time together, away from calorie-laden food and you will all burn some calories as a family! In the process, you can still chit-chat, and maybe even dampen your appetite.

2) **Alter recipes**

There is no need to give up your favorite green bean casserole, or that pumpkin pie...but, you can certainly make healthier versions that are still delicious! Instead of using a whole stick of butter in your dish, use a couple of tablespoons and substitute a flavorful chicken or vegetable stock! Right there you'll save over 700 calories in the whole dish! For pumpkin pie, substitute some sugar with either a sugar substitute, or for bulk, use bananas, you won't taste them, but they'll add a delicious bite.

3) **Enjoy in Moderation**

Eat a little bit of everything and really savor it...by not overdoing it, you can enjoy the holidays, the company, and not a thickening waste-line.

4) **Eat a little earlier**

If you would normally eat a 6 o'clock holiday dinner...why not make it a 4 o'clock mid-afternoon meal. This may prevent you from needing more food both earlier and later in the day. This way, you can have a regular breakfast, be hungry for supper, continue to chat, and then go to sleep nicely satisfied!

Remember...be happy, be healthy...move your body, and enjoy the tastes of Delicious holiday foods.