Q: How can I enjoy the holiday season and still maintain the weight I have worked so hard to achieve?

A: The winter season is notorious for providing countless opportunities to gather and celebrate... and eat! Research states, on average, Americans gain 1 pound between Thanksgiving and New Year’s Day. While this may seem insignificant, research also shows that most people do not lose the added pound, which leads to slow, steady weight gain over time. The good news is there are plenty of ways to maintain a balanced diet and avoid the unwanted pound(s). First, do not underestimate the power of planning ahead. If you know healthy food selections will be limited at a gathering, choose to make your contribution healthy. For example, bring a platter of raw vegetables or fruit with a low-calorie dip. Second, remember portion sizes still apply. Grazing on food during parties or family gatherings is very easy to do, so plan to make one plate of food for the duration of the event. A healthy plate includes variety and is made up of mostly fruits and vegetables, a lean protein, and carbohydrate. Finally, when it comes to sweet treats, be picky. Select the one dessert you think will be the most satisfying and leave the others. One thing is for sure — there will be a gathering with more treats before the season is over!

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NUTRITION QUESTIONS?
Ask the Dietitian