

# Top 10 Holiday Eating Tips

## How to Keep the Pounds Off While You Party.

### 1. Water is your best friend.

Try not to drink calories. Drink a full glass of water before the big meal, and keep alcohol and sugary drinks to a minimum!

### 2. Weigh yourself daily.

Studies prove that those who weigh daily gain less weight than those who don't!

### 3. Don't arrive hungry.

Eat an apple or a salad before you go. You'll be less likely to binge, and a better guest!

### 4. Ratio your plate.

Fill at least half your plate with healthy greens and veggies first, leaving less room for calorie dense foods.

### 5. Savor half a dessert!

Take half a dessert. Eat small bites slowly and mindfully, savoring every mouthful. Take as long to eat it as your neighbor does to eat their 2 desserts.

### 6. Don't skip breakfast.

Those who skip meals do not lose weight, and they are more likely to gorge later.

### 7. Keep your exercise regimen going.

Instead of slacking off, use the extra days off and looser schedule to get more activity in! Stay active.

### 8. Avoid white carbs.

Breads, crackers, potatoes, and sugars are your enemy. Favor the salads, veggies, and lean meats.

### 9. Don't eat from bowls or bags.

It's surprising how many calories you can down if you continue reaching into a bowl or bag. Instead, take a small portion and enjoy it, and don't replenish!

### 10. Hang with healthy people.

Avoid people who over eat or have low nutritional discipline, and favor those who are healthy and active. You truly become like the people you spend the most time with!

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