



\$16.99 OIL CHANGE SPECIAL Click Here To Print Coupon

CLASSIFIEDS
HOMES JOBS AUTOS ADS

- Lifestyles
- Focus
- Food & Recipes
- Keepsakes
- Columnists
- Dear Abby
- E.C. "Mike" Alt
- Betty Brown
- Dave Gathman
- Dr. Peter Gott
- Howard Ludwig
- Cathy Morelli

LIFESTYLES :: [PRINTER FRIENDLY](#) » [EMAIL ARTICLE](#) » [BOOKMARK](#)

Eat smart at the party

Going in with a strategy helps dodge extra yuletide pounds

December 24, 2007

By Kendrick Marshall kmarshall@scn1.com

Lake Forest Hospital dietician Grace Tivnan wants everyone preparing for holiday feasts to remember a few things before sitting down to dinner.

Be realistic. Don't feel so guilty about eating that helping of ham and stuffing, but watch your portions.

» Click to enlarge image



Thomas Delany Jr. ? tdelany@scn1.com Exercise is part of a good defense against party pounds. Monica Henke of Winthrop Harbor works out at Omni Salon and Spa Fitness Studio, 1910 Sheridan Road, Zion, before taking daughter Alyssa, 3, to preschool.

» Click to enlarge image



Tanya Patterson of Zion works out on a treadmill.

Party smart

Do not go to a party hungry: We often eat faster and more when we are hungry -- therefore, eat a wholesome breakfast and lunch on the day to avoid overeating at the party.

Watch your portion: Treat yourself a nice drink, dessert, chocolate or sweets without guilt, but always watch your portion. Go for small portions. This way you can sample all the different foods. Moderation is always the key.

Limit high-fat items: High-fat food items can be found in fried food, cream-based soup, cheese-filled casseroles, pies, processed meats such as salami and sausages, some pastries and baked goods.

Try other versions of egg nog: Traditional egg nog is usually made with egg yolk and thick cream. Search "low-fat egg nog" and you will find lots of low-fat egg nog recipes. If you buy commercial egg nog, you will be delighted to find low-fat or fat-free egg nog out there -- we can even find soy nog.

Try other versions of alcohol: Instead of beer, cider, Bailey's and Kahlua, try dry wine, Bloody Marys or spirits with diet mixer which have fewer calories.

Remember: Calories from alcohol tend to be stored in the abdomen. People who are overweight actually gain weight more easily when they consume alcohol.

Drink plenty of water: Alcohol and coffee can dehydrate your body.

Physical activity: Take nice brisk walks with your loved ones or work out at a gym.

Source: healthcastle.com

"People should not worry too much about trying to lose weight after indulging themselves over the holidays," Tivnan said. "It's just not good to be stressed out over eating during the holidays. You will just feel bad the whole time."

To avoid the stress of trying to monitor calories while enjoying tasty snacks and meals, Tivnan advises making a checklist of all the foods you eat during a holiday party or dinner.

This technique helps more often than not because a person will not be as likely to overeat if they write down how much food they are consuming.

It is also important not to skip any of the meals before dinner. That strategy will only result in eating excessively to make up for the missed meals. It is more beneficial to eat normally or eat small snacks instead of starving before a big meal.

Also, while mingling at a holiday party, stay away from the buffet table. Partygoers and dinner guests might be tempted to snack more while standing or talking near the assortment of food.

"If a person is near the buffet, it is important that they get away fast," Tivnan said. "It is not wise to hover around an area that is tempting for so long."

In the event there are few healthy options available, health experts recommend eating foods that provide the best benefits. Foods with protein and carbs should be eaten in moderation, while vegetable and fruit intake should be increased.

A more time-consuming but effective option for guests is to bring their own dish, which will ensure getting all the desired nutrients, instead of settling for dishes that might be high in fats or sugars.

Holiday stress also affects how individuals handle their eating habits, Tivnan said. Routinely, stressed-out shoppers rushing to buy gifts tend to eat more unhealthy foods than people who have all the gifts placed under their Christmas tree.

"People tend to eat emotionally by nature when they are stressed out," she said. "It is important that people take a break and try to relax, especially during this time of the year."

Donate now at USAFreedomcorps.gov
Ad Council Tsunami Donations - CLICK HERE

VIDEO :: MORE »

- Winter Weather Snarls Holiday Travel
- Jazz Pianist Oscar Peterson Dead at 82
- Robbery Suspect Shot at Georgia Mall

TOP STORIES ::

NEWS
New: Fatal Roselle train-car crash delaying Metra in Elgin

BUSINESS
Returning Christmas

SPORTS
Tournament title up for grabs

ENTERTAINMENT
Midwest Natural History Museum offers antidote for cabin fever

LIFESTYLES
Home for Christmas, Marine on gift-wrapping duty

FEATURED ADVERTISER ::

- Wicked Tickets
- Grease Tickets
- Concert Tickets
- Police Tickets
- White Sox Tickets

SonyCard
Save \$250 on a Sony® mylo™ Personal Communicator
apply now >
mylo™ my life online™
Screen images simulated

Ads by Google

2007 Diet Of The Year
Amazing Chinese Fat-Loss Secret.Lose 20 lbs, As Seen On 60 Minutes
www.EasyWeightLossTea.com

Healthy Meal Delivery
Freshly prepared meals to your homeor office. Choose the diet for you.
www.thespecialtygourmet.com

"10 Tips of Fat Burning"
Lose 9 lbs every 11 Days with these10 Easy Rules of Diet & Fat Loss.
www.FatLoss4idiots.com

Diabetes Holiday Helpline
Free recipes, menus and more for ahappy & healthy holiday season.
www.dLife.com

Need Healty Diet?
Lose 42lbs in 3 Months. AllNatural. 100% Guaranteed To Work!
MicroNutra.com