

Your Holiday Survival Guide: Enjoy Food & Avoid Weight Gain

The Problem: Why Holiday Weight Gain Happens



Bigger Portions are the Norm

Holiday meals often encourage larger servings and second helpings, leading to excess calorie intake.



Late-Night Eating Disrupts Metabolism

Festive gatherings often extend late, and eating heavy meals close to bedtime can contribute to weight gain.



All-Day Grazing Adds Up

Having snacks and treats constantly available makes it easy to consume hundreds of extra calories without realizing it.



We Sit More & Move Less

Cozier weather and a focus on indoor gatherings often lead to a more sedentary lifestyle during the holidays.



Sweet Drinks are Hidden Calorie Sources

Sugary cocktails, eggnog, and festive lettes can contain as many calories as a small meal.



Stress Eating Increases

The pressure of the holiday season can trigger emotional eating as a coping mechanism.

The Solution Part 1: Smart Portion Control Tricks



Fill Half Your Plate with Veggies First

Prioritizing vegetables ensures you get nutrients and fiber, which helps you feel full on fewer calories.



Start with Protein

Eating protein-rich foods first can increase satiety and prevent you from overeating other items on your plate.



Use the "One Plate" Rule

Commit to filling your plate once and avoid going back for seconds to naturally limit your intake.



Keep Carb Portions to Your Fist Size

Use your fist as a visual guide to manage portions of potatoes, stuffing, and other carbohydrate-rich side dishes.



Sip Water Before and During Meals

Staying hydrated helps with fullness and prevents you from mistaking thirst for hunger.



The Solution Part 2: Your Holiday Party Playbook



Before You Go: Have a Small Snack

Arriving at a party hungry can lead to overindulgence. A protein-rich snack can curb your appetite.



At the Buffet: Pick 2 Favorites

Instead of trying a little of everything, choose the two dishes you're most excited about and savor them.



At the Bar: Limit Sugary Cocktails

Opt for lighter drinks or alternate alcoholic beverages with water to save on empty calories.



For Dessert: Choose Mini Servings

Satisfy your sweet tooth with a mini dessert or a small slice rather than a full-sized portion.

The Morning After Reset



Hydrate Heavily

Start your day by drinking plenty of water to rehydrate and flush your system.



Prioritize Protein & Greens

For your first meal, focus on nutrient-dense foods like eggs and leafy greens to stabilize blood sugar.



Take a 15-20 Minute Walk

Gentle movement helps with digestion and boosts your metabolism without being strenuous.



No Guilt, Just Correction

Focus on getting back on track with your next choice instead of dwelling on past indulgence.

"You can enjoy the season and still protect your progress. Small choices go a long way." - Dr. Collier