

HAPPY HOLIDAYS

Hoping these tips HELP you survive those Holiday gatherings

- *Keep in touch with YOUR Health Coach*
- *Use a smaller plate*
- ***Remember the 3 bite rule****
- *Avoid oversized portions*
- *Don't go hungry have a shake 1 hour before the gathering*
Bring extra products with you be prepared
- *Avoid food pushers make healthy choices*
- *Desserts go with the sugar free*
- *Make and bring a medifast dessert*
- ***Remember the 3 bite rule****
- *Drinking bring your own sparkling water*
- *Don't throw caution out the window eat healthy*
- *Increase your water intake if you over eat*
- *Stay active continue to exercise during the holidays*
- ***Holiday favorites remember the 3 bite rule****

The 3 bite rule is just this...the first 3 bites of anything is when you experience the most flavor sensation from your food beyond that you are just racking up calories...so STOP at 3 bites enjoy the taste without all the calories!

One of the easiest ways to stick to portion control at a party or when dining out is to go small. Researchers at Cornell found that using smaller serving dishes, utensils, bowls, and plates may assist individuals trying to lose weight. Smaller utensils and dishes lend to less food consumed, and less chance of overeating

Cravings are hard to beat, especially if food is staring you in the face. Here are some ideas when cravings get the better of you: go to another room or move the food that is causing the problem out of your range, get busy with something that will keep your mind off of eating, deep breathing can also help to relax you and put you in a better frame of mind. Remember: the satisfaction from eating a food you crave is momentary!