

# 12 TIPS FOR Holiday Eating

1. Listen to your body. Are you hungry?
2. Be a food snob. Skip the store-bought goodies.
3. Know where you want to “spend” your calories.
4. Pre-party pacing; be hungry but not ravenous.
5. Social away from the food.
6. Peruse before you choose.
7. Savor special foods.
8. If it doesn't taste good—stop eating!
9. Don't eat out of obligation.
10. When you are done, have your plate removed.
11. Be aware of the effects of alcohol.
12. Avoid grazing, especially candy bowls.

*adapted from M. May*

