

Big Meals and Holiday Treats



If you're on a diet, you may anticipate the food-filled holidays with a twinge of fear – or is that a growl of your stomach? Well, the Yuletide doesn't have to be an endurance marathon and you don't have to ditch your diet when you deck the halls.



The key is to change the goal of your dieting during the holidays. Replace your goals of reduction with goals of maintenance from November 24 through January 2.

On Thanksgiving and Christmas – and perhaps a family gathering or two

in-between – choose one meal in which you allow yourself to eat something that is not allowed on your diet. An extra goodie like candied sweet potatoes or a slice of homemade pie will not blow your diet. Do not feel guilty over the moderate indulgence or a lack of weight loss during this period. Just enjoy the good food and good company and resume your reduction goals after the holiday season.

Remember, at any time a good diet includes two to three servings of meat or protein, two to three servings of dairy, six to eleven servings of breads and grains, two to four servings of fruit and three to five servings of vegetables.