

Ask The Dietitian

(NAPSA)—Yes, Virginia, you *can* watch your weight during the holidays...thanks to these survival strategies from Jenny Craig Corporate Dietitian Jennifer Kim, RD, CNSD, MBA.

My sweet tooth only gets worse around the holidays. How can I avoid over-indulging again this year?



Don't deny yourself your favorite cookies or pies—just enjoy them in small portions as occasional treats. Make sure the rest of your day is packed with fresh fruits, vegetables, lean meats, whole grains and nonfat dairy products.

Also keep in mind the adage about “calories in—calories out.” If you overindulge one day, add in a bit more physical activity the next day. Walk an extra half hour, swim for 15 more minutes, or get in an extra set of tennis. You'll feel great, and help burn off some of those extra calories.

Holiday parties are really tough. How can I watch my weight...and still enjoy myself?

If the food is served buffet-style, look at all your choices first, then make one trip and take small portions. If the food is plated, eat only what you want to eat and set the rest aside.

Think moderation with alcoholic beverages too. Limit yourself to a glass or two of wine or a wine

spritzer, then keep yourself busy taking pictures, dancing, organizing games, or helping your host so you're not tempted to overindulge.

I worry that I'll offend my host if I leave uneaten food on my plate. Any suggestions?

It's okay to say “no” to an offer for food—in fact, when you say “no” to others, you begin to say “yes” to yourself.

At Jenny Craig, we teach our clients the P-R-P technique: Polite Response (“Thanks for offering—your cake looks delicious!”), Reason for Refusal (“Lunch was perfect and I just couldn't manage another bite.”), and Polite Invite for Support (“I'll have to try that delicious looking cake next time.”) By graciously declining, you make your host feel good and avoid eating unwanted food.

Sometimes I find myself snacking in-between meals just out of boredom. What can I do?

Depending on the weather, encourage the whole family to head outdoors for skiing, sledding or a snowball fight—or biking, hiking, or a brisk walk around the neighborhood. Take your activity inside with roller-skating, bowling, indoor rock climbing, ice-skating or a walk around an indoor mall. By keeping active, you'll avoid boredom and keep your weight loss goals on track as well.

For more healthy holiday tips, visit www.jennycraig.com.