

# DiETING SECRETS

## Give Thanks For The Foods You Love And A Smaller Waistline

(NAPSA)—Holiday plans don't have to go hand in hand with weight gain.

Experts say moderation is the key to getting through special occasions without overindulging or missing out on the foods you love. Enjoy yourself while maintaining your weight—without giving up your favorite things.

But that does not mean using the season as an excuse to splurge. In fact, it's important to keep long-term health goals in mind, even if you're too busy to start on them in earnest until the holidays are over.

If you ignore those goals altogether, says Karen Miller-Kovach, chief scientist for Weight Watchers International, they may be much harder to address—mentally and physically—in the new year. “The 10 pounds you wanted to lose by Thanksgiving may seem challenging, but the 15 pounds you could end up facing on January 1 (from overdoing it during December) will feel insurmountable,” she says.

Use these tips from Weight Watchers to help you enjoy—not overindulge—during the busy holiday season:

- Always eat a healthy snack before you go to a holiday party.
- Wear something slim-fitting so that you will be much less likely to overeat.
- At appetizer tables, choose two or three of your favorites, put them on a napkin rather than filling a large plate, then walk away.
- Watch out for foods that trigger overeating. If you have an episode of overdoing, forgive yourself and move on. You can't undo what you've done, but you can learn from it.
- Alcohol adds empty calories



**The merriest holidays of all are the ones in which you sample all your seasonal favorites and maintain your waistline.**

and helps you lose sight of your goals. To reduce your alcohol intake, use low- or no-calorie beverages as mixers, drinking wine spritzers or alternating alcoholic drinks with low-calorie or calorie-free soft drinks or water.

- No matter how busy you get, make time for a healthy breakfast. It can prevent overeating later in the day.

- Give away gifts of holiday-colored, packaged candies and cakes.

- On heavy-eating weeks, help compensate for the extra food with calorie-burning exercise.

- Add health-related gifts to your wish list this year—they could help make for a slimmer, healthier new year!

- Find a holiday activity that is not centered around food to keep you in the spirit. Organize a caroling party, rent a funny movie or roast chestnuts on an open fire.

To learn more about Weight Watchers or get an online subscription, visit [www.weightwatchers.com](http://www.weightwatchers.com) or call (800) 651-6000.