

Total Nutrition

Holiday Eating Strategies That Really Work

(NAPSA)—Many of us gain weight around the holidays, so it's no surprise that we approach the season with both excitement and dread. Each year, I worry about how to enjoy my holiday favorites without the gift of extra pounds. These eating strategies work so well that you can use them year-round!

Have breakfast every day. People who successfully maintain



Mindy Hermann

their weight regularly eat breakfast, according to information collected by the National Weight Control Registry. Try this delicious breakfast parfait made with Whole Grain Total® Cereal, yogurt, and fruit. It's quick to make and packed with important nutrients.

Breakfast Parfaits for Two

½ cup Whole Grain Total® cereal

2 containers (6 oz each)

Yoplait® Original 99% Fat

Free yogurt (any fruit flavor)

1 cup berries (blueberries, sliced strawberries, raspberries, as desired)

1. Slightly crush cereal.

2. In each of 2 tall narrow glasses, spoon ½ of a container of the yogurt. Top with about 2 tablespoons of the cereal and ¼ cup of the berries. Repeat layers.

3. Serve immediately.

Stock the refrigerator with ready-to-eat fruits and vegetables, along with salsa or a yogurt dip. When you need to nibble, healthy snacks will be at your fingertips.

Eat only what you really enjoy. How many times do we eat holiday foods that we really don't love? Instead, save calories by choosing only your favorites and saying no to the rest.

Savor delicious food. Tasty food can be extremely satisfying. So slow down, taste every bite, and enjoy the experience of eating delicious food.

Count fork-loads and spoonfuls. It can be tough to keep track of how much you eat when you're at a party with lots of hors d'oeuvres or buffet table choices. Try setting a limit for yourself of, say, 16 tablespoon-sized bites. Be sure to save at least one bite for dessert!

Keep a holiday food log. Write down everything you eat each day, including the candy cane you picked up at the bank and the handful of nuts you grabbed on the way out the door. Keeping a record can help you keep your eating in check.

Hide holiday treats. Even with willpower of iron, resisting holiday treats that are in plain view can be nearly impossible. So store goodies in airtight containers in the back of a cupboard or in the freezer. Bring them out only for guests.

Stop when you're full. Eat slowly—fullness messages take a bit of time to get from your stomach to your brain.

