

Holiday Facts & Fancies

Merry Myth Busters: A Guide To Holiday Eating

(NAPSA)—The good news: It is a myth that most people gain five pounds during the holidays. According to studies, the average weight gain is less than one pound. The bad news: Any weight gained during the holidays makes up more than half of the weight you may gain over a year's time.

Knowing the truth about the following holiday myths may help you control holiday weight gain. Weight Watchers offers these facts and tips:

Myth: Alcohol Doesn't Cause Weight Gain

Truth: While alcohol is fat free, hard liquor, beer and wine all contain calories. In fact, drinking two bottles of light beer is equivalent to eating an entire candy bar.

Tip: Research suggests that drinking alcohol in excess may result in overeating. Use diet drinks, to dilute drinks such as wine spritzers, light beer and liquor. Also, slow down consumption by alternating drinks with a glass of water.

Myth: Miniappetizers Are Smart Party Food Choices

Fact: Many of these tiny treats are filled with fat and calories. For instance, a serving of fried wonton typically has as many calories as a small fast food hamburger and French fries.

Tip: Eat a light meal—such as a salad with light dressing, a baked potato, or a hearty bowl of vegetable soup—before you go to a party. Once you're at the party, choose two or three of your favorite items, put them on a napkin and walk away. Avoid large plates that you're sure to fill up.

Myth: You Can Stay On Track By Eliminating Favorite Foods

Fact: Indulging in your favorite



There are a number of ways to avoid holiday weight gain.

food can actually help you manage your weight without feeling deprived. The key is moderation.

Tip: Fill three-fourths of your plate with healthy choices such as veggies, fruit and lean meats. Then leave the remaining one-fourth for a serving of your favorite indulgence, such as pumpkin pie.

Myth: There's No Time To Exercise During The Holidays

Fact: Although the holiday season can be overwhelming, there are simple ways to amp up your activity throughout the day—whether you're at work or the mall.

Tip: Buy a pedometer and track the number of steps you take during the day. If you've walked 2,000 steps, you've covered about one mile. Try simple things such as walking to your co-worker's office instead of e-mailing him and taking the stairs more often. At home, walk around the house during commercials and march in place while talking on the phone.

For more seasonal weight-loss tips, visit WeightWatchers.com.