

# *Holiday Health Hints*

## Savvy Tips To Savor The Season

(NAPSA)—For many, this time of year is filled with social gatherings, which often celebrate food as much as family and friendships.

“The average weight gain for most of us during the holiday season is only one pound, the simple result of eating an additional extra 100 calories a day,” explains Nancy Bennett, MS, RD, CDE, a leading nutritionist with premium poultry brand Foster Farms. “Unfortunately, most of us don’t lose that pound and will end up wearing the weight around our waists,” says Bennett.

Bennett suggests a few easy tips to help maintain family health during the holidays:

**Go for a walk.** Grab a co-worker, neighbor or your dog and pledge to walk together for 20 minutes a day. Twenty minutes of walking burns 100 calories—enough to offset the holiday season’s average calorie surplus.

**BYOBB (Bring Your Own Best Bet).** For holiday gatherings, offer to bring a homemade, healthful dish. This item is your best bet for filling up and you can lightly sample other goodies. (Try a fresh veggie tray with rolled up slices of deli turkey or roast chicken served with low-fat dips on the side, such as whole grain mustard and a light raspberry vinaigrette.)

**Arm yourself with healthy snacks** when you leave the house. Include such lean proteins as grilled chicken or deli turkey slices: Protein stays in your stomach for two hours after a meal and keeps your appetite in check.



Fruits and vegetables are high in fiber and chewing power (known to make people “feel full”). Fill up on these healthy snacks, and allow yourself to sample other treats: A few bites will still let you taste the holidays.

**Plan ahead.** For quick family meals, plan ahead: Choose recipes that are quick to prepare, low calorie, filling and good for last-minute guests or casual get-togethers. Double the recipe for casseroles or lasagna and freeze for later use (consider recipes for Chicken Chili, Turkey Herb Lasagna, Tortilla Soup).

**Keep hydrated.** People often confuse thirst with hunger so stay hydrated with zero-calorie beverages, preferably water.

Keep in mind that consistent, good food choices can lead to better health. You and your family, with a few simple choices, can enjoy the season and its delicious offerings.

For thousands of wholesome recipes, holiday cooking tips and nutrition advice, visit [www.FosterFarms.com](http://www.FosterFarms.com).