



Holiday Hints

Small Steps To Healthier Holidays

(NAPSA)—It's the holiday season again—which means parties with tempting high-calorie buffets, at the office and with family and friends. These social situations are difficult to maneuver for many diet-conscious people, especially those with type 2 diabetes.

Fortunately, if type 2 diabetes is a part of your family history, there's exciting news: Diabetes and its deadly complications can be prevented or delayed by losing a modest amount of weight—as little as ten pounds in a person who weighs 200 pounds. Making wise food choices, especially during the holidays, is an important first step. You can overcome the holiday eating challenge and avoid gaining weight by taking small steps—eat smaller portions, sample a variety of healthy alternatives and stay active.

The National Diabetes Education Program (NDEP) has created some healthy eating tips designed to enhance your holiday party experience:

• **Never go to the party hungry.** Don't fall into this trap. Eat a low-calorie snack before the event and reduce the risk of overeating.

• **Use the buddy system.** Team up with a buddy and stick to a healthy eating plan. Decide what and how much you will eat. Choose one dessert and share it.



Making smart eating choices is a simple step toward having a healthier holiday season.

• **Size matters.** Eat smaller servings. Use a smaller plate when making your selections.

• **Cut the fat.** Remove the skin from the meat. Each tablespoon of fat you discard contains 100 calories!

• **Drink more water.** Water is a healthy, no-calorie beverage, compared to one cup of eggnog that has 342 calories.

• **Pace yourself.** Take a break after the first course. It can take your body up to 20 minutes after finishing a meal to send a signal that you are full.

• **Enjoy the party.** Focus on party activities instead of the buffet table. Put some music on and dance.

Here are a few additional tips for the “healthy holiday host”:

• **Healthy pot luck.** Encourage guests to contribute a healthy dish to the buffet. See who can come up with the most appetizing dish with the least amount of fat and calories.

• **Offer a variety of low-fat, high-fiber foods.** Fruits, vegetables, grilled or broiled lean meats, fish, turkey and chicken without the skin—there are lots of healthy options. Increase fiber with whole grain breads, peas, beans, and nuts.

• **Try simple substitutions.** Many traditional high-fat, high-calorie foods have low-fat, healthier alternatives. Skip cream cheese and try low-fat cottage cheese or plain yogurt.

• **Stay positive.** Support family members and friends with diabetes and those who are at risk. If you see them slipping, don't chastise or scold—keep encouraging them to stay on course.

The NDEP has great tools and materials to get you started with small steps to prevent the onset of diabetes. To order materials or to find out more about the “Small Steps. Big Rewards. Prevent type 2 Diabetes” campaign, call 1-800-438-5383 or visit www.ndep.nih.gov.