

Make *Healthy Holiday* Choices

The holiday season brings party food, cookies, eggnog and other holiday treats that are often high-calorie, though tasty, choices.

Consider the following tips to enjoy your holiday parties without overindulging:

- Eat a healthy snack before heading for a party in order to avoid grazing on party food to satisfy your hunger.
- Make socializing your focus— conversation will keep you occupied and away from the food table.
- Abstain from or limit your drinking: Alcohol increases hunger and lowers willpower.



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