

MAINTAIN DON'T GAIN



Week 7: Bring your party game plan

Holiday parties are the mecca of delicious, high-calorie foods – from cocktails and wine to cookies, chips, cheese, and more. With so many temptations, how can you possibly stay on track? You've got to learn some survival skills or you'll ruin all of your hard work. With the right game plan, you can stay strong when you stand up to the usual holiday suspects.

Here are some easy tips to guide you – so you can hit the party and still stick with your health goals.

- **Don't arrive hungry.** Eat a small, protein-packed snack before you head to the party. That way, you won't be starving when you get there.
- **Pick and choose.** Fill up your party plate carefully. Reach for healthy, high-fiber foods, like fresh fruit, sliced veggies, roasted turkey, whole-grain crackers, and hummus.
- **Lose the booze.** Think twice before you enjoy that glass of wine or festive cocktail. Alcohol is empty calories, plus it fuels your appetite. If you're going to drink, alternate with water to help cut the amount of alcohol you drink.

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