

The Skinny

Special Holiday Edition

Okay, so we all know how difficult it can be to maintain a healthy food lifestyle during the holiday season. With so many temptations, saying no is practically impossible. I said practically, right? *lol* The truth is, you *can* say no, but who wants to? Part of the fun of the holidays is being able to let go and indulge.

I mean, I can't speak for all of you, but I look forward to the end of the year, not just because Christmas is my favorite holiday and we get some time off, but because I *know* how my family gets down and the food is irresistible!

For almost two years now, I've been working on improving my health. Ya'll have been with me for a lot of this journey, so you already know that my weight loss theory is not about denial, but moderation. The same applies to the holiday spread.

The holidays are the most detrimental to "diets". It's when most people throw caution and moderation to the wind. I encourage you not to. Eat what you want, but watch how much and keep in mind that some foods are just richer (i.e, calorie heavy) than others.

Water is still your friend during the holidays, so keep drinking. Before you eat dinner, drink a glass or two of water. Sounds odd, I know, but you'll get fuller faster and be less likely to overeat.

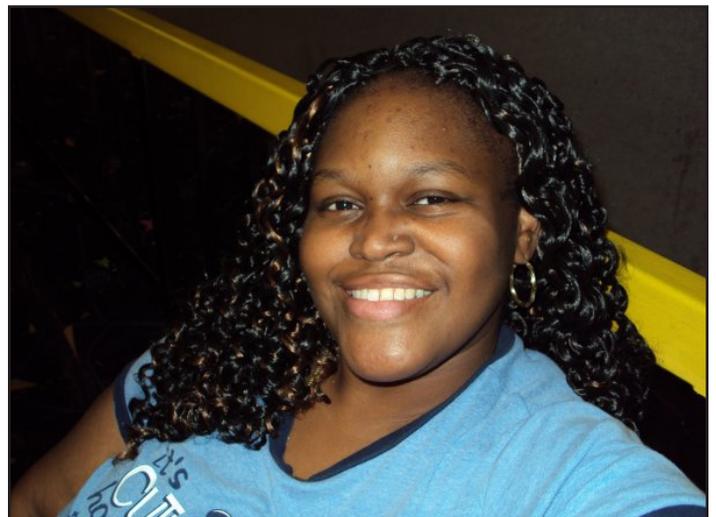
The same advice that I gave for Thanksgiving applies to Christmas and part of that is not eating a lot of food all in one sitting. Start with a plate that has smaller servings and if after you've finished it, you still want more, go for it.

See...I was taught to clean my plate as a child, so if I pile a bunch of food on it, I'm inclined to eat it all. It's a mental thing. Cleaning my plate isn't a bad thing, though, when there isn't a bunch of food on it to begin with. Make sense?

Learn to be okay with your limits and pushing the plate away when you're done, no matter what's still on it. I have a friend that I've known for years and I noticed that when she's done eating, she pushes the plate away from her on the table--it's how I know she's done. *lol*

Maintaining healthy eating can be tough this time of year, but not impossible. And if you slip up, don't beat yourself up about it, just re-focus and try again.

Happy Holidays Everyone!



Chocolate Sizas Co-Founder and "The Skinny" author, Tandra Madison