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Holiday Diet Challenges – 9 Tips To Survive This Season

By Cindy Lewis

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The holidays are the most festive time of the year but they can also be highly stressful if you are watching your diet or trying to lose weight. How can we avoid gaining extra fat while still experiencing a great time this season? You can enjoy the celebration to its fullest and not worry about guilt on Monday if you follow just a few simple ideas.

Don't wait until the big meal to eat. It's understandable to save room for your favorite holiday dishes but starving yourself until the big feast is the last thing that you want to do.

You should enjoy eating sensible snacks to maintain your metabolism. Also, not being famished lowers the chances of your going overboard. It is best to avoid eating too much when dinner is finally served.

Try leaning toward grains and high fiber carbohydrates such as brown rice, wheat breads and wheat flour pasta. Fiber rich foods tend to give most people a full feeling earlier than the same or larger quantity of white flour alternatives. Consider higher protein cottage cheese over sour cream for your potato. No, you don't have to live without the butter but it may benefit your waste line if you do.

Drink plenty of water. It is always important to stay well hydrated. But, when celebrating especially, water replenishes and counters the dehydrating effects of the caffeinated or adult beverages we may have enjoyed. Drinking enough water also can help us to not stuff ourselves with high calorie foods.

Casseroles are always welcomed in my home but steamed vegetables are a nutritious alternative. Use herbs to bring out the natural flavors. You may also consider nuts like vitamin rich Pistachios or raw fruits and vegetables with low fat dips as appetizers over the heavier or higher calorie items better reserved for the main event.

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Treat yourself to whatever your heart desires, even desserts and chocolates if you wish. However, do it in moderation. Try sampling in smaller portions so there isn't anything you missed but be sensible on serving size. When you pay attention to the quantity of what you are eating, it increases the quality of these special times.

If the weather is appropriate, enjoy a walk outside with your friends and family. Still truly important is that you have enough physical activity but days like these were meant for leisure. Take the opportunity to enjoy the fresh air before dining or after your post feast nap. Doing so will help you be certain to burn at least a few of those extra calories.

Food doesn't need to be the only focus of your celebration's fun time. Since the group is together, why not exercise each other's mind with the board games hid away in your closet? Children and kids at heart may already be playing video games but when was the last time you enjoyed a good trivia or word game? Some of the most memorable family or friendship bonds can be made over a triple letter score.

Speaking of kids, it's important for us adults to set a good example. Food is crucial for us to live and should never be something to feel guilty over. Encourage children to enjoy the holiday with healthy treats, physical activity, and good feelings about food. What we discover and experience as children during these social occasions can often last as wonderful memories throughout our entire lifetime.

For more good sense diet tips and to discover Cindy Lewis' easy weight loss secrets, visit her website at

<http://www.easyweightlosssecrets.com>

and register for her free online diet class.

On a Diet During The Holidays? Okay, Knock It Off!

By Kenia Morales

While surfing the net submitting my articles, reading, shopping etc. I stumbled in to many articles title how not gain weight during the holiday's, low fat holiday recipes, holiday Diet, blah, blah, blah..

I can not help but ask; on a diet during the holiday's? Oh, knock it off! Are we missing the point here? All I remember for the holidays were Christmas decorations, family gatherings, gift exchanges, and last but not least GREAT FOOD. In fact food it's so important during the season that almost every country, race etc. has their own traditional recipes for this special time of the year.

So, do yourself a favor and get off your diet. Unless, you are in a life threatening situation! Other than that I see no reason important enough to miss out on such a big part of the celebration.

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Many know me as a person that encourages women to look good, even when they have kids and dozens of other duties to perform; but, common let's not get carry away here. The holidays are times for sharing, being thankful, and enjoying ourselves. So, think about it before you start setting tormenting restrictions. You are going to be around delicious food, so just enjoy eating it. What is the worst that can happen to you? gain a pound or two, who cares? Remember just enjoy yourself.

Merry Christmas,

Kenia Morales

Kenia Morales is the publisher of online magazine

<http://kpatra.com>

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Woman. Visit her site to find a variety of women related issues and topics" [click here](#)

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