

Healthy ideas:

- **Don't skip a meal to conserve calories.**
- **Eat something healthy before you go to a party or family gathering.**
- **Limit or avoid high calorie beverages. One cup of eggnog has the same calories as a piece of apple pie.**
- **Drink plenty of water.**
- **20 Minute Rule: Take at least 20 minutes to eat a meal. Savor and enjoy your food! You will eat less, feel better and enjoy more conversation with family and friends.**
- **Take a walk after a big meal.**
- **Be realistic. Strive to maintain your weight over holidays or stressful times.**
- **Most importantly, ENJOY YOURSELF! Don't stress over your weight, just remember everything in moderation.**