

Holiday Survival Tips

1. Instead of putting family members on a diet, practice healthy eating before the holidays begin by changing the proportions of the foods you serve. When the big day arrives, choose to cook healthy, for example... bake your turkey (don't fry), choose skim milk and butter flavor for mashed potatoes, or better yet serve mashed cauliflower, steam green beans with garlic instead of butter for flavor...you get the idea.
2. If going to a party, keep the rest of the day's food selections healthier. Prepare red, yellow, and green peppers in small strips and store in plastic snack baggies. Buy celery in pre-packaged plastic bags or prepare your own to give to your children when they want to have a snack. Also, before leaving for a party, offer these colorful veggies to help curb your appetite and theirs. Fill yourself up a little; and you will be a little less tempted to over-eat at the party.
3. Know ahead of time whether you will have a bite of dessert or not. Some clients on the program will bring along their own portion controlled pudding with no fat/sugar whip cream for a healthy choice. If you choose to have a bite of dessert, have only two bites and know that you will kick yourself out of the fat burning state. It is not the end of the world, but it may make you a little more hungry for a few day after, so just be aware, and be determined to get right back on the program!
4. Do a trade-off with exercise. Eating more during the holidays can be partially off-set by a moderate and daily increase in physical exercise. Try 10 or 15-minute brisk walks twice a day with available family members or the partygoers. Plan active play dates instead of the movies where you would have a tendency to sit more and ask for "junk foods."
5. If you are throwing the party, have lots of vegetables available, instead of chips only. Prepare lower fat dips and offer salsa. Explain to your guests in advance your determination to make this a healthier holiday season and ask them to keep this in mind when preparing any dish they may be bringing. (after all.. they want to help you too)
6. Stay away from high calorie beverages such as sodas, juices, smoothies, and blended coffee drinks. There are nearly 150 calories in one 12-ounce can of soda or juice. Smoothies and coffee drinks are often 250-500 calories, excluding the whipped cream. Alcohol has calories and will let down your defenses, choose sparkling water with a lime and stay in control.
7. Avoid skipping meals. Starving yourself before a party or get-together increases the odds that all will overeat when the festivities begin. Make sure that you stay on schedule with your Medifast day.

8. At holiday meals, eat more of the roasted turkey and green veggies since they are naturally lower in fat and calories. Use chicken broth instead of gravy to moisten turkey. If you must, choose your three favorite dishes and have one tablespoon of each on your plate. You will find that you enjoy your food choices much more when they are portioned correctly. Drink plenty of water with your meal.

9. If the holiday party is at your house, send some of the left-overs home with your guests.

10. Remember to eat slowly and maybe even encourage your family members to eat slowly as well, which will help all concerned to eat less and feel full and satisfied.

11. When baking deserts and holiday cookies, buy smaller cookie cutters. Instead of sampling sweets, have your favorite bar cut up into small pieces and keep in the freezer in baggies for a sweet treat.

12. During the holidays, make your goal to maintain your weight – not to lose weight.

13. Be positive. Don't let your weight and cravings take control of you.

14. Remember, just before the special lunch-brunch-dinner, take in one of your favorite shakes and it will be easier to make good choices so you can enjoy the meal and not feel guilty afterwards. (Soy is a natural appetite suppressant).

15. Holiday traveling, don't forget to pack your convenient Medifast meals! Put your Medifast meals in zip lock bags and use them as cushion around items in your suitcase. Then as you enjoy them, your suitcase creates new empty pockets for your holiday gifts!

16. A client shared the following recommendation: When you receive your Medifast foods, put aside (in a separate box) enough food for one week. When your supply gets down to that box, you know it is time to reorder, and you will also know you have enough food until your order comes. This reduces stress. There's a lot of stress during the holidays and don't make running out of Medifast be one of them!

17. Here's another great idea from a client! When she gets her food, she puts each day's selection in a zip lock sandwich bag. Each morning, she just grabs one sandwich bag of meal replacements and she's ready to go to work...no last minute rush and hurry which equates to less stress, again. Remember, when you have your meals already, you'll be less tempted with office pot lucks and you can fuel up properly with nutritiously balanced meals prior to meeting friends/family for holiday gatherings.

18. Remember the reason for the season and focus on 'fellowship' and not on 'food'!

19. Habits are habit forming... People form habits but habits transform people! Let's Take Shape for Life! Let's transform our thinking to become choosy about what we eat. Let's make it a habit to select healthy foods and plan to integrate Medifast foods as part of our 'prescription for life'!

20. Have a Happy and Healthy Holiday Season!!!! Look forward to a fabulous New Year! and NEW YOU!