

The Holidays are here – and so is the food!

(Modified from the Academy of Nutrition and Dietetics website:
<http://www.eatright.org/Public/content.aspx?id=6442460011>)

The holidays are a time to enjoy friends, family, and food. And contrary to popular belief, you can have all three without putting on the extra pounds!

Research shows that even small amounts of weight gain during the holiday season tends to stick, and accumulate. Here are a few tips to help keep things healthy this holiday season:

- Don't skip meals, especially breakfast.
- Include a lot of fiber (fruits, vegetables, and whole grains).
- Avoid overeating – even on the healthy choices (they have calories too!). Eat in moderation.
- Eat your veggies first, and eat them slowly. Then, dive in to the rest of the meal.
- Once your holiday meal is over, get up and move, getting in some physical activity.

The Nutrition Center wishes you all a happy, healthy, and safe holiday season!

Nutrition Center Affiliated Scholars Recent Publications (In alphabetical order, based on first author; Epubs ahead of print are not included):

Brown A, Boudreau C, Moodie C, Fong GT, Li GY, McNeill A, Thompson ME, Hassan LM, Hyland A, **Thrasher JF**, Yong HH, Borland R, Hastings G, Hammond D. Support for removal of point-of-purchase tobacco advertising and displays: findings from the International Tobacco Control (ITC) Canada survey. *Tob Control*. 2012 Nov;21(6):555-9. doi: 10.1136/tobaccocontrol-2011-050153. PMID: 23076786

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