

TIPS FOR EATING HEALTHY DURING THE

HOLIDAYS

EATING WELL AND MANAGING CALORIES DURING THE HOLIDAYS CAN BE HARD. HERE ARE SOME TIPS THAT MAY HELP:



DON'T GO TO A HOLIDAY PARTY STARVING



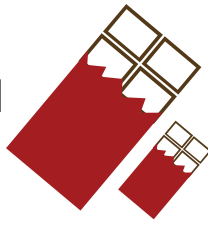
SIT WITH YOUR BACK TO A BUFFET TO LESSEN TEMPTATION

EAT SMALL SNACKS (LIKE VEGGIES) BEFORE A PARTY



IF YOU WANT DESSERT, LIMIT YOURSELF TO ONE BITE OF YOUR FAVORITES

SAMPLE EVERY DISH YOU LIKE — BUT IN MINI-PORTIONS



COMMIT TO HAVING ONLY ONE PLATE OF FOOD — EVEN AT A BUFFET

ENJOY THE PEOPLE — THAT'S REALLY WHAT PARTIES ARE FOR!

