

It's not easy to eat healthy at parties. Holidays and vacations can be a challenge, too. It's no wonder. Special times like these:

- Upset your routine.
- Include sights, smells, people, and feelings that may tempt you to overeat.
- May involve strong habits you've had for many years.

Tips for Parties

Try these tips to eat healthy at parties. Add some of your own.

1. Plan ahead:
 - Eat a healthy snack *before* a party or other social event.
 - Budget your calories and fat grams ahead of time. Plan to eat *small* portions and only the foods you like the *most*. Leave the rest.
 - You may want to discuss your plan with your host or hostess and others you know at the party.
 - Are you the host or hostess? If so, plan to serve several healthy foods. If not, bring a tasty, low-fat dish to share.
2. Stand or sit as far away as you can from the table with the food.
3. Keep your hands busy with a glass of water, coffee, tea, or diet soda. Or, keep your hands in your pockets.
4. Watch the alcohol. It contains almost as many calories as fat. It lowers willpower and increases appetite. If you do drink alcohol, alternate alcoholic drinks with nonalcoholic ones. Examples: tonic water or diet soda with a twist of lemon or lime.
5. Be last in line at a buffet. You'll be less likely to go back for seconds.
6. Ask a friend or family member for support. Would he or she split dessert with you? Take a walk before or after eating? Offer you healthier choices?
7. Practice a polite but firm "No, thank you."
8. When someone offers you food, suggest something else they can do to help you. Say, for example, "No thanks, but I'd love a glass of ice water."
9. Leave the table or food area as soon as it is polite to do so.
10. Join in any physical activities that are part of the event.
11. Are you the hostess or host? If so, send leftover food home with guests. Out of sight is out of mind!
12. _____
13. _____

Take Action

Add your own tip to the list above. Then circle the numbers of two or more that you can try at the next party. Write these tips down where you have other details for the party.



A healthier life is on the line for you!

CMN11-1117-5
UPMC _11_587

UPMC HEALTH PLAN

Copyright 2009 UPMC Health Plan, Inc. All rights reserved
C ON C WM SPCLTIME C20091201-34 (MCG) 12/20/11 PDF

Be Prepared for Holidays and Vacations

Holidays and vacations can be challenging. They last longer than parties, and they often include family members and traditions.

Here are some ideas. Check the ones you'd like to try on your next holiday or vacation.

- **Hold a family meeting ahead of time.**

- What did you like about your last holiday or vacation? What did you dislike? What will you do this time? How will you handle food and eating out?
- Ask your family not to nag you about your lifestyle goals.
- Talk about how your family can help you stay on track.

- **Build in ways to be active.**

- You may want to hike, sightsee, bike, or swim together.
- Look for ways to be active that can become traditions.

Ideas: _____

- **Don't expect too much.**

- Keep tracking what you eat and how active you are.
- Weigh yourself often, if you can. Keep in mind that scales differ.
- Plan to maintain your weight, not lose.
- Let go a little. Eat something special. Choose your most favorite foods, in small portions.
- Be a little more active than you would be at home.

- **Are you tense on holidays or vacations? If so:**

- Avoid long periods of doing what others want instead of what you want.
- Plan daily times to relax.
- Take short breaks often if you drive long distances.

- **Prepare for friends and family you haven't seen in a while.**

- Is Aunt Martha's barbecued chicken the best on the planet? If so, plan for some in your calorie and fat gram budget.
- Does Uncle Ed build the day around food and feel hurt if you don't eat everything? If so, have a game plan when you go to his house.

- **How you will prepare for your friends and family:** _____

You can enjoy special times *and* eat healthy. It just takes a little planning and practice.

Source: Information provided by the University of Pittsburgh Obesity and Nutrition Research Center (grant DK046204 from the National Institutes of Health, National Institute of Diabetes and Digestive and Kidney Diseases).



A healthier life is on the line for you!

UPMC HEALTH PLAN