



Winning the battle of the bulge

How to keep the pounds off this holiday season

By Tracey Sinibaldi
Special to the Delaware State News

People gain an average of five pounds during the holiday season, but here are some tips on how to celebrate the season, stay healthy, and NOT sacrifice your waistline:

- Remember to take time for exercise.
- Plan menus and stick to them.

• At holiday parties, stay away from the food trays when done eating to remove the temptation.

• Check out food choices and take a small to medium portion of only the foods that appeal to you the most. Limit second helpings.

• Remember to eat during the day versus skipping meals to “save up” for the big party.

• Watch your liquid calories. One of the biggest calorie holders is alcohol. Go for the calorie-free drinks.

Consider giving healthy holiday gift ideas this holiday season such as:

- Vegetable steamers.
- Garlic press.
- Mini bottles of extra virgin olive oil.



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- Homemade seasoning mixes.
 - Vegetable seed packets.
 - A subscription to a healthy magazine such as *Cooking Light* and *Health*.
- Also, get creative with your gift baskets:
- For the pizza: A pizza pan, cheese grater, garlic press, PAM spray, roasted red pep-

- pers, Italian seasoning, and a pizza cutter.
 - For the vegetarian: Vegetable steamer, assorted herbs and spices, dry bean soup mix, pottery soup mugs, and a vegetarian cookbook.
 - For the pasta lover: Pasta bowl, assorted dry pasta, olive oil, pine nuts, cheese grater, pasta tong, homemade pesto with recipe, and pasta cookbook.
- To schedule a nutrition consultation with Bayhealth Medical Center, call 744-6828.



