

8 TIPS TO AVOID HOLIDAY WEIGHT GAIN

(That won't make you a grinch)

Can you have your “holiday” cake and eat it too? We asked the experts, OhioHealth dietitians, for a little help on how to stick to our healthy goals, enjoy the holidays, and not feel deprived.



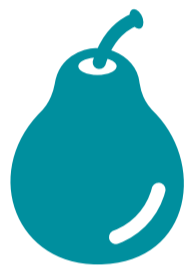
Don't skip or save

It might seem wise to skip a meal to “save” calories, but that can easily lead to a hangry food binge.



Go green

Eat foods rich in nutrients, like salads or omelets, to fill your tummy before you partake in the treats.



Be the bearer of good (and healthy) food

Fresh fruit or veggies platters are yummy and healthy options to bring to a gathering.



Puttin' on the spritz

Skip the heavy eggnog or sugar-bomb cocktails. Try a spritzer with fizzy water instead.



Browse the buffet

Check out all of the food options before you commit to chowing down, make veggies the star of your plate and the treats the supporting cast.



Press the reset button

If you overdo it, just restart. One unhealthy meal doesn't ruin your healthy habits. Make your next choice a healthier one.



Move it

Try to get in at least 20 minutes of physical activity every day. It burns calories and helps fight off stress, too!



Buddy up

Share your goals with a friend and keep each other accountable.



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