



EFA EMPLOYEE & FAMILY RESOURCES

4 Tips to Avoid Holiday Overeating

The holidays are chock-full of delicious family recipes and savory seasonal dishes. It's easy to overindulge and leave the table with uncomfortable bloat and regret if you're not prepared!

Thankfully, you can easily enjoy the holidays to the fullest while still being good to your body. We've whipped up **4 tidbits on how to avoid unintentionally overeating** without depriving yourself of scrumptious seasonal treats!



1 Don't skip meals

Don't skip meals in anticipation of the upcoming feast. Skipping meals can leave you feeling overly hungry, setting you up to overeat later.



2 Hydrate

A glass of wine or beer can pair nicely with the holiday meal. However, make sure to drink plenty of water throughout the day. It doesn't add calories like alcohol does, and it keeps you hydrated while eating high-salt foods.





3 Watch your portions

With so much delicious food, it's okay to take a little bit of everything! Be careful not to overload your plate with giant portions. Before going back for seconds, take ten minutes to digest and decide if you're still hungry. Remember, holiday food can make tasty leftovers tomorrow!



4 Step out of the kitchen

It's easy to mindlessly snack when food is within arm's reach! Move conversations out of the kitchen, or take time to go for a walk, throw a football around, or bring your kids or pets to the park.