Smart Holidaze Eating

Stay focused and avoid waistline worries with these three tips.

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While weight gain is a common worry during the delicious decadence of the holiday season, the truth is it's possible to keep the pounds at bay. Here's how many people avoid tipping the scales after the celebrations are done.

Don't overeat at parties. Have your normal meals and a small snack before heading out to festivities. Once there, snack on just a few foods.

Don't hoard leftovers. Instead, pack up one week's worth for yourself then donate the rest to a shelter.

Do indulge the smart way. Choose one truly satisfying food or snack each day (pumpkin latte? pecan pie?) and enjoy!

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http://beta.docker.realhealthmag.com/article/Holidaze-Eating-Weight-21580-8840