

# It's Holiday Party Time!

Easy ways to negotiate bulging buffets, open bars and those decadent dessert platters

December 3, 2015 By [Gerrie E. Summers](#)

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Seasonal celebrations are particularly perilous for your healthy eating regimen. But you can enjoy the festivities without completely derailing your diet. Check out these tips from nutrition experts.

**Before the party starts, decide how many drinks, desserts and other foods you will eat.**

“For example, you may decide ahead of time you are going to drink no more than two alcoholic drinks, try one dessert and eat a small plate of hors d’oeuvres,” says Liz Weinandy, a registered dietitian.

**Don’t go to a party ravenous.** To curb hunger, eat a small snack or meal two to three hours beforehand.

**Check out the spread or menu before diving in.** “Decide what you would most enjoy eating, choose it in the appropriate portion and savor each bite,” says registered dietitian Kristen Trukova.

**Start with healthy foods first.** Eat a salad to leave less room for more calorie-laden choices.

**Use a smaller plate and eat slowly.** Try this tip from Weinandy: “Fill up half the plate with healthier food and then the other half with higher-calorie goodies, and you’ve just reduced your calorie intake by half.”

**Choose beverages carefully.** Limit yourself to one or two alcoholic drinks each day. Also, balance alcohol intake with a glass of sparkling water to avoid dehydration. Drink flavored or infused waters and teas to keep calories low, says Trukova.

**Don’t stand near the food table during the party.** Once you’ve fixed yourself a plate, move away from the buffet to avoid more temptation.