

Staying Focused While Being Festive



Parties, social obligations and holidays can all be huge distractions when you are trying to lose or manage your weight. Maintaining your exercise routine and making healthy food choices can be challenging for hosts and guests alike. Whether you are planning or attending a party, remember you can still have fun and enjoy the festivities while staying focused on your weight loss goals.

Stay on Track

- **Plan Ahead** – If you know you have an event to attend, eat a light breakfast and lunch that day. Have a snack and drink water before the event so you don't arrive hungry.
- **Set Goals** – Maintain your weight by limiting the amount of treats you eat and squeezing in exercise when you can.
- **Schedule Activity** – Treat exercise with the same level of importance as a party or event by scheduling it into your day.
- **Keep a Record** – Keep a food and exercise log to track eating patterns and daily exercise.
- **Portion Control** – Control the amount of food you eat by serving yourself or requesting smaller portions.
- **Say "No Thank You"** – Remind yourself that it's alright to decline food if it's offered.

Low-Fat Festivities

- **Make Every Bite Count** – Enjoy your favorite foods in smaller portions, eat slowly and savor your food.
- **Pick Your Plate** – Choose a small plate and fill most of it with fresh vegetables, fruits and lean meats. Take smaller portions of high-fat, high-sugar foods.
- **Visit with Family and Friends** – Focus on spending time with people you don't see often instead of focusing on the food being served.
- **Limit Alcohol** – Alcohol is full of calories and may make you eat more. Limit your alcohol consumption by filling up on healthy snacks first.

Healthy Hosting

- **Lighten it Up** – Make healthy dishes for your guests by using low-fat versions of mayonnaise, sour cream, salad dressings, and cheeses.
- **Don't Tempt Yourself** – Prepare the most tempting food items last so you have less time to snack on them.
- **Lose the Leftovers** – Send leftovers home with your guests.
- **Healthy Suggestions** – Stay in control by requesting guests bring healthy dishes such as a vegetable or fruit platter, cold cuts, low-fat cheeses, a loaf of bread, or low-calorie beverages.
- **Save and Serve Later** – Freeze food gifts from friends and serve at future parties.



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