WEEK 6: AVOID DIET SABOTAGE

Holiday meals can be a surefire way to undermine your diet plan. With all those dishes packed with fats, sugars, and carbohydrates, keeping portions to a reasonable size is more important than ever.

Avoid diet sabotage by keeping these things in mind:

• **Divide your plate.** Using a small plate, fill 1/2 your plate with vegetables, 1/4 with a lean protein, and 1/4 with whole grains or starchy vegetables.

• **Avoid the additions.** Skip the whipped cream, flavored syrups, and cream or whole milk.

• **Control your cravings.** Chew on gum or eat an apple to end mindless eating habits. Fill up on water or unsweetened ice tea so that your stomach doesn’t feel empty.

Maintaining your weight is a full time job, and even a one-day break can set you back. The trick is to stay on track and make smart choices before, during, and after holiday dinners.

Adapted from UC Health Plans