
CHANGES

Sidestep holiday portion pitfalls with these tips



The holidays can be crazy, but don't let all the festivities derail your journey to good health. Try these strategies for successful portion control during the holidays.

Portion Control Tip #1: Get Online

If you're having a holiday gathering at a restaurant or coffee shop, check out the website. Lots of these places have made their **nutrition information available online**. What are the best options?

Look up the calorie, sodium, and fat content of your order before you head out the door. Make sure that the portion size is reasonable. If it's not, look for alternatives. Or **have a snack** to stave off temptation.

Portion Control Tip #2: Share

If you want to get or make something that only comes in a large portion, **share it with**

a friend or family member. Whether you're at a restaurant or a holiday party, it can be easier than you think to share a large portion of food. Portion sizes are so huge that you will usually feel full, even after splitting a special holiday meal.

Plus, though it may sound corny, this is the season of giving. Sharing a meal is a wonderful way to get in the holiday spirit.

Portion Control Tip #3: Read Nutrition Facts Panels

Picking up a treat for a holiday gathering or a quick snack while you're running errands? **Check the labels!**

The Nutrition Facts labels on foods are treasure troves of information. Use the Nutrition Facts to calculate serving size, nutrient content, and much more!

