

Monthly  
Wellness  
SpotLight  
by PSA



IN GOOD HEALTH

### TAMING THE HOLIDAY FEAST!

It's hard to believe but the holidays are right around the corner! This time of year brings yummy foods. And yummy foods aren't always healthy. According to a study published by the New England Journal of Medicine, the average American gains a pound at Thanksgiving and another at Christmas. Not a lot, but often those additional two pounds are not lost during the year, and year after year, they add up. Yummy foods don't often equate to healthy foods! Eating healthy is very important for your immune system, especially since we are at a heightened awareness because of COVID and the seasonal flu. But that does not mean you shouldn't have your holiday favorites.

#### Below are helpful tips to help you tame that holiday feast!

- **Develop your Plan**—You won't be able to control what you are served, and there will be lots of tempting treats. Your plan will be very important.
  - Eat a healthy snack before going to the event. That way, if unhealthy foods are served, you will only need a small portion.
  - If you are able, bring a healthy dish along to the party.
  - If sweets appeal to you, cut back on carbs (bread and pasta).
  - Plan to eat healthier for your next meal
- **The Dreaded Buffet**—Buffets are full of delicious holiday treats!
  - Start with a salad full of fruits and vegetables.
  - Then have a small plate of your favorite foods.
  - Eat slowly. It takes 20 minutes for your brain to realize you are full.
- **Alcoholic Drinks**—The holidays often bring out special drinks. These drinks are often full of sugar.
  - Try a wine spritzer instead – a small amount of wine with sparkling seltzer water.
  - If beer is preferred, opt for the light variety
  - If you really want the specialty drink, drink only one!
- **Make sure you have your favorites**—No food is prohibited.
  - Choose the dishes you can't get any other time.
  - Have a small serving and eat slowly!
- **Keep Moving!**
  - The holidays often are challenging for exercise plans.
  - Make a special effort for physical activity.
  - Try having short exercise periods several times a day.
  - Try taking a walk after the special holiday meal.
- **Sleep!**
  - The holidays often challenge our sleep patterns.
  - Staying out late can become the norm.
  - Sleep loss can make it harder to control your blood sugar. When you are sleep deprived, you'll tend to eat junk food.
  - Aim for 7-8 hours a night most nights.

While keeping all of this in mind, remember what the season is all about! Enjoy the special time celebrating with your family and friends and treasure these moments. PSA Insurance and Financial wants to wish you and yours a special Healthy Holiday Season!