

For weight watcher, holidays are too tempting

Q. How can I maintain my weight throughout the holiday party season?
A. Many people view all the festivities with mixed feelings. While visiting friends and relatives is fun, enjoying all the wonderful food and drink makes us feel guilty about gaining weight.

If you've been on a diet — strict or not-so-strict — holidays can undo all the work you've done by reviving old eating habits.

Geneen Roth, author of "Feed the Hungry Heart," gives wonderful suggestions for eating without dieting or depriving yourself. While her suggestions are aimed at compulsive eaters, many can be adapted for the regular eater.

1. **EAT ONLY** when hungry. "Many of us eat because it's 'time to eat' or 'it's there,' not because we're really hungry. Try not eating at your usual mealtime. Wait 20-30 minutes.

2. **EAT ONLY** foods that you enjoy. Ignore the calories. If you eat a food because it's "low-cal," not because you want that particular food, you won't be satisfied. So you'll eat something else that will satisfy you.

3. **PAY ATTENTION** to how you eat. It's very easy to overeat, both at meals and social gatherings. If you're not paying attention to how the food tastes or how much you've eaten.

4. **MAKE COMPROMISES.** If a particular food is high in calories, choose a diet drink or water to go with it.

5. **EAT EVERY OTHER vegetable** on the relish tray without the dip. Take one pretzel, chip, nacho or peanut at a time rather than a handful. You may still eat the equivalent of the handful, but it takes you all evening.

Because eating is viewed as a social function rather than a basic need, it's easy to eat more than you want or need to be sociable. By listening to yourself and recognizing what your needs and satisfactions are, you should be able to party through holidays without getting out of shape.

The Consumer mailbag answers your questions. Address mail to The Consumer Mailbag, Concern Detroit, One Kennedy Square, 4th Floor, Detroit 48226.



Terry Gibb

2. **EAT ONLY** foods that you enjoy.

Ignore the calories. If you eat a food because it's "low-cal," not because you want that particular food, you won't be satisfied. So you'll eat something else that will satisfy you.

Try to examine what food will satisfy you at that time and eat it without feeling guilty about the calories.

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ing, so you tend to choose only what you really want. Also, if you're sitting down, the whole plate or bowl of whatever is handy will disappear into your mouth without your realizing it.

Finally, if you're standing, you tend to mingle more and lively discussions make great substitutes for the need to have "something to munch on."

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