

Controlling holiday weight gain does not mean you can't have fun. In the end, it means more fun. You can still go to parties, but you will love yourself for taking charge of your life and refusing to gain weight. Looking in the mirror will be a pleasure instead of a pain.

Here are some tips to help you accomplish your goal. You will have many food and drink choices in the coming weeks. Making the right ones is a secret you can learn.

• **Drinks:** Eggnog is very high in calories as are most mixed drinks. Substitute dry white wines or dry champagne. Distilled liquor mixed with water lasts longer and is less likely to result in a hangover than mixtures containing sugar, syrups or other liquors. Do not mix drinks for a clearer head and fewer calories. Limit your quantities.

• **Hors d'oeuvres:** The sour cream, fatty dips on crackers or bread rounds are much higher in calories than most other hors d'oeuvres. Vegetable strips are better choices than salty chips for pates and cheeses. Canapes made with fish, eggs, chicken, mushrooms and cheeses are better than quiches, pastries, fatty meats, creamy cheeses. Again, limit your quantities. You don't need 10 or 12 hors d'oeuvres.

• **Meats:** Turkey, chicken and seafood are preferable to beef, pork, ham and lamb. Gravies and rich sauces can add considerably more calories. Limit yourself to one serving. If pastries, breadings, flour or other coatings surround the entree, try to leave most of it on your plate. Congratulate yourself privately. You avoided a lot of calories you didn't need.

• **Vegetables:** Creamy sauces and casserole vegetables are higher in calories than if simply prepared. Perfectly

steamed vegetables are much preferred and can be a culinary delight. Combining mushrooms with almost any vegetable adds flavor and pizzazz — but almost no calories. Grated Parmesan cheese, parsley sprigs and lemon wedges are elegant garnishes that are better than sour cream, olives, cheese or white sauces. Frying can add 200 to 300 calories.

Rolls, biscuits and breads: Skip them if you can because the butter, jams and jellies that you eat with them can really add more calories to what already may be a high-calorie meal.

Desserts: The best thing to do is to skip them unless a wise hostess has provided a light ending to the meal. Fruit, gelatin whips, meringues, frappes and sherbets are OK. Rich pastries, cakes and ice cream can add as much as 400 to 500 additional calories. If you are faced with pie for dessert, eat only the inside and skip the crust. Don't say you've left the best part and feel sorry for yourself, or worse — feel deprived. Rather, visualize the pie becoming another unwelcome lump on your body.



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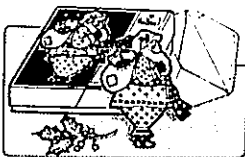
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