



NEWS RELEASE

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STAYING ON TRACK WITH THE UPCOMING FESTIVITIES

It's that time of year again. Along with the hustle and bustle of Thanksgiving and the holidays come many challenges. Preparing for Thanksgiving and the upcoming festivities keep us busy leaving little time for exercise. Staying on track with diet and exercise does not have to take the fun out of the holidays. By following a few simple tips you can easily stay on course and enjoy yourself.

Shopping – What are your food choices when you are at the mall? Today's restaurants and food courts offer wonderful selections:

- Share - if you are dining with a friend you could choose an entrée and split it. You may need to order an extra side of vegetables or fruit, but there is normally plenty for two to dine on one entrée at most restaurants.
- Smoothies – it is sometimes difficult to grab a glass of milk while you are on the go so why not try a fruit smoothie? The vitamin C and calcium are both very important to your diet.
- Salads – by choosing a grilled chicken salad or a chef salad you are able to get about 2 servings of vegetables and a serving of protein. Ask for fat-free dressing on the side.

Parties – What would Thanksgiving and the holidays be without the buffets filled with delicious foods? Here are a few suggestions to help point you towards enjoying yourself:

- Only visit the buffet line on time. Try to fill 2/3 of your plate with low-fat selections. For the other 1/3, select meats and pastas. Don't forget a small portion of dessert if you so choose.
- It is fine to try some of everything if you want to. Just take much smaller portions than you normally would. By trying a little bit of everything you will get a variety that you are looking for. It is just as easy to enjoy your favorite foods in small amounts.
- Take your time while eating. Spend time socializing with your friends while you eat. By eating slower you will enjoy your food more. Slowing down will help you to feel satisfied without eating as much.
- Realize that it is not the end of the world if you do happen to indulge. The key is to pick up the pieces and move on. Focus of the long-term goal.

Fitness Tips – Regular physical activity is one of the greatest things that you can do for yourself. These tips should not replace a regular exercise routine, but these tips can make a difference when your time is scarce during the upcoming holiday season.

- Before you start shopping, take a couple of laps around the perimeter.
- Take your pooch for a stroll. Pets need exercise to stay healthy just like their owners do.
- Walk at lunch. If the weather is nice, try walking around the parking lot or building. If the weather is unfavorable, walk around inside the building.

Source: The Ohio State University Extension, Weighing Family Fitness, Volume IV/Issues 11 and 12.