

# Better Homes and Gardens

Fast,  
Frugal  
Weekday  
Dinners  
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## holiday delight

# 157

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the Season

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## Weigh to Go

Don't stress about the abundance of high-calorie foods. Instead, go ahead and indulge—just be smart about it.

by SARA ALTSUL

There are goodies galore surrounding you each holiday season. But why stress about it? Turning food into your enemy only makes it more enticing. Find just the right little spots to indulge by weaving them into your diet and you won't be in a constant struggle. "Instead of fighting against tempting food indulgences, find your balance and learn to work with temptation so you don't feel deprived," says Jeff Albright, a chiropractor and Aikido instructor in Denver. Aikido is a graceful martial art that is based on

this very philosophy of learning to deflect an opponent instead of trying to overpower it. Here's how to put the method to work for you.

### EMBRACE, THEN RELEASE

If your favorite holiday treat is chocolate, go ahead and have a piece or two, says Eric Plasker, author of *The 100 Year Lifestyle Workout*. "But balance the splurge with other, less caloric food choices." Even better, make a pact with yourself to have something healthful to eat first, such as a piece of holiday fruit, before you reach for the sweets.

### BEFRIEND YOUR ENEMIES

Turn your weakness into a strength by using the ingredient you love along with a healthful whole food, suggests Heather R. Mangieri, a registered dietitian in Imperial, Pennsylvania. For example, if your weakness is those giant holiday containers of caramel corn, take a half a cup or so and mix it with a small handful of peanuts and raisins.

### GET SLOW

Yoga is all about slowing down the moment to get everything possible out of it, whether it be holding a pose or eyeing an hors d'oeuvre. Pay close attention to how the food smells and looks, says Jane Foody, who trains yoga teachers and runs Yoga Jane Training Studio in

Surveys differ but most show that the average weight gain during the holidays is between 1 and 5 pounds. Trouble is, most people never drop that weight.

New York. "Taste the finest and most wonderful foods at your holiday party, but savor them slowly. Do this, and when you fully enjoy every bite of just one brownie, you'll automatically prevent yourself from stuffing down five of them," she says.

**LEAVE THE FIGHT EARLY**

A Zen concept called *hara hachi bu* means stop eating when you're 80 percent full, and it's one reason why the people of Okinawa, Japan, live to be some of the oldest on Earth. Try it over the holidays to help manage your food intake. Simply continue to ask yourself, "Am I 80 percent full yet?" When the answer is yes, stop. You'll be quite astonished at how satisfied you'll feel.

**MAKE THE FIRST MOVE**

"It's vital not to neglect exercise during the holidays, no matter how tempted you may be to forget about it," says Plasker. "When you've had a nice workout, you'll automatically think twice before eating foods loaded with empty calories," he says.

Plasker tells people to exercise first thing in the morning—it bolsters resistance to rich holiday treats and gets your workout out of the way before the craziness of the day takes over.

Realistically, there are probably going to be times that you're swept up in all the delicious aromas and flavors. At such times, just remember—tomorrow is a new holiday.

Eat them, but know how long it takes to burn them off.

caramel popcorn  
(4 ounces)

WALK IT OFF: 25 minutes  
(all times assume a brisk walking pace)

110  
calories

egg nog  
(1 cup)

WALK IT OFF: 75 minutes



350  
calories

clementines  
(1 orange)

WALK IT OFF: 7 minutes



34  
calories

party mix  
(4 ounces)

WALK IT OFF: 25 minutes



118  
calories

fudge  
(1 medium-size piece)

WALK IT OFF: 35 minutes



140  
calories