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family health

9 Tips To Avoid Weight Gain And Control Diabetes During The Holidays

1. Control portion sizes, resist going back for seconds
2. Eat slowly, chew each bite between 15-20 times, savor each bite
3. Avoid sugary beverages and limit intake of alcoholic beverages
4. Don’t arrive hungry to parties or celebrations
5. Go easy and small on sweets and desserts
6. Walk more, dance more, be more active throughout the day
7. Eat balanced meals, use the healthy plate method for meal planning: ½ plate veggies, ¼ protein, ¼ starches (carbohydrates)
8. Enjoy your friends and family members, Holidays are not only about Food
9. Enjoy moderate portions of your favorite traditional meals and pass the ones that you don’t love

Reviewed By GVO June 2016