



Dr. Phil's Seven Keys to Avoid Holiday Weight Gain

1 Start with What You Drink

Cutting out the sugary drinks and drinking mainly water will help you tremendously during the holidays. If you have to sweeten your drink then I suggest that you add Stevia to whatever non-sugary drink you are having. Also, if you will drink a full glass of water about 15 minutes before your meal, you will eat less and will digest your food better.

2 Focus on Protein

Fill your plate with protein first, like chicken, turkey or fish, but get a good palm sized helping of that and build your plate around it.

3 Use a Smaller Plate

You don't have to eat from a platter size plate during the holidays! Less food on the plate means less food on the belly, and you can always get more if you find that you aren't full.

4 Eliminate the Bread

This one can be tough year round, especially tough during the holidays. Is that bland dinner roll or biscuit really worth it? Forego the bread and have something else at the end of the meal. Also, reduce the portion size of other simple carbs such as potatoes and mac and cheese.

5 Take Your Time

Holiday meals are not a race to see who can get back to the table for seconds the fastest. Give your brain time (about 20 minutes) to get the signal from your gut that it's full! Eat slower, chew well, and sit and visit with your family for a little while. You will be glad that you did!

6 Enjoy Your Dessert

I'm sure out of all the pies, cakes, and special treats that you have at least one favorite. If you do steps one through five, then enjoy your dessert completely guilt free, but do eat a smaller size. Drinking soda, eating bread, and then eating half the pie is NOT what I mean.

7 Increase Your Activity Level

It's very easy to sit around watching all the great football games and other sports that are on television during the holidays, but I encourage you to go take a walk during halftime. If it's too cold outside, do some air squats, leg raises, or push-ups. It doesn't really matter what exercise you do, as long as you're being more active. If you do this, you'll burn way more calories than you think!

