

# Holiday Dining

## Writing Off The End Of The Year

(NAPS)—Americans are officially abandoning attempts to be healthy until 2019, according to a new study.

A new study into the health and diets of Americans saw as many as 45 percent say they're postponing any resolution to eat clean or lose weight until after the holiday festivities.

The research, commissioned by Herbalife Nutrition, delved into the true extent of holiday indulging and found the average person gains six pounds in holiday weight.

Just 12 percent will make it through the holidays without any weight gain at all, according to the research.

Where does all that weight gain come from?

- Forty-four percent have eaten more than one Thanksgiving dinner in the same day and 30 percent have eaten to the point of feeling sick.
- Four in 10 have devoured so much holiday food they've needed to loosen a button on their pants.
- During the holiday season, the understandable inability to resist temptations and overindulge has also seen 55 percent break a diet for home-cooked holiday food.
- Seventy-nine percent say they eat more sweets and treats at the end of the year—but even with this overeating, 54 percent believe they'll be successful in staying healthy in 2019.
- The average person will overeat on 13 separate days between Thanksgiving and the New Year.

Nutrition and health expert Dr. John Agwunobi says that holidays don't have to throw off your healthy lifestyle. "Healthy snacking is a useful tool in combating overindulgence. Consuming protein-rich snacks before heading out to a holiday feast can help make you feel full, so that you don't overindulge."

You can also make delicious, nutritious dishes such as this vegetable soup:

### Creamy Butternut Squash Soup

Recipe

Serves 6

- 1 Tbsp olive oil
- 2 large onions, diced
- 2 pounds peeled and diced butternut squash
- 4 cups chicken or vegetable broth
- 1 package soft tofu, drained and diced
- 1 tsp ground ginger
- 1 Tbsp lemon juice
- ½ tsp dried thyme
- 1 tsp salt

Freshly ground pepper to taste

Heat olive oil in a large pot over medium-high heat. Add the diced onions and sauté until tender. Add butternut squash and sauté a few more minutes, then add vegetable broth, bring to boil, reduce heat and simmer uncovered until the squash is very tender, about 20 minutes. Add the tofu and ginger, lemon juice, thyme, salt and pepper and simmer a few more minutes until tofu is heated through. Puree the soup in batches in a blender or food processor. Return to the pot and reheat until the soup is very hot but not boiling. Ladle into bowls and garnish with fresh thyme or thin strips of lemon peel.

Staying on track can be hard, especially if you are tackling it on your own. Dr. Agwunobi adds, "Herbalife Nutrition independent distributors have demonstrated that developing a support system of people who know your goals, strengths and weaknesses can be



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Survey conducted by OnePoll for Herbalife Nutrition with a sample of 2,000 American adults who celebrate Thanksgiving, Kwanzaa, Christmas and/or Chanukah, from Oct. 5-10, 2018.



extremely beneficial in maintaining a healthy lifestyle, especially during the challenging times of the year."

Dr. Agwunobi added, "While resolutions are a great way to kick-start a healthy year, a healthy diet is a long-term solution that you'll want and need to practice steadily—for days, weeks and months—for lasting results.

"For best results, stick to a balanced diet that isn't overly restrictive and combine it with consistent exercise to help achieve your healthy resolutions. You can start this holiday season simply by parking at the farthest spot from the store or mall entrance, helping you rack up extra calorie-burning steps."

**Learn More**

For further facts, tips and recipes, go to [www.herbalife.com](http://www.herbalife.com).