

# Holiday Hints

## Give Those Fat Pants To Santa This Holiday Season Five Defense Tips For Holiday Overfeasting

(NAPSA)—“I’m so stuffed I couldn’t possibly eat another bite,” we mildly insist before taking a bit more. Then out come the “fat jeans” and, in more severe cases, the elastic-waist pants. At every turn, women face tinsel temptation: cookies, pies and eggnog. Throughout this two-month holiday time “moment of truth,” one anxiety lurks in our thoughts—how to undo the damage the holiday season imposes on weight-management goals.

A recent survey confirms that most overindulgent holiday moments are as predictable as getting the itchy wool sweater from Aunt Edna. It’s no secret that many people gain weight during the holiday season. The average weight gain during the holiday season is almost 5 pounds.

To help take the guesswork out of staying committed to weight-management goals during the tempting holiday season, Special K partnered with registered dietitian Lisa Cohn. Cohn offers the following five strategies for consumers to stay committed to their weight-management goals during the holidays:

### Don’t Skip Meals

Eat small, healthy snacks such as fresh vegetables regularly so you’re less likely to overindulge during meals.

### Bring Your Shopping List And A Snack

When you go shopping, take along a Special K Protein Snack Bar. Waiting in line for gift wrap



can take a long time and a sensible snack bar will help keep you from snacking on less than healthy choices.

### Graze, Don’t Gorge

Eat a sensible salad before attending a holiday dinner party so you will be less likely to overindulge while at the party.

### Don’t Ignore Your Sweet Tooth

Choose a smart indulgent snack before baking cookies in the evening, such as Special K Chocolatey Delight cereal. The chocolatey bites in the cereal will satisfy the desire for something sweet.

### Have A Cookie, But Not All The Cookies

Some people use the “I break off small pieces of cookies because they have fewer calories” excuse. But having bits and pieces of 12 cookies can add up quickly. Indulge by having a cookie, but remember to enjoy everything in moderation.

Learn more by searching for “Special K” on Yahoo!