



## 8 Health Experts Weigh In On Navigating the Holidays the Healthy Way

*Let these out-of-the-box tips from those who know best be your guide to a healthy and delicious holiday.*

When it comes to navigating the buffet tables and open bars of the holiday season, everyone struggles — even the healthiest among us find themselves tempted by all the treats! What keeps the temptation from leading to a season-long binge is having an arsenal of healthy tactics at the ready. Our experts are sharing their own go-to tricks for making smart choices and staying healthy all season long, while still enjoying the holidays (and your favorite bites and sips too!).



### Imagine You're Drinking a Doughnut

Holiday gatherings and cocktails come hand in hand — you'd be hard-pressed to find a dinner party that didn't have the libations flowing. And while indulging in a few cocktails is totally acceptable this time of year, many people don't account for the extra calories in their daily allotment, which can really pack on the pounds after a whole season of imbibing. "When lifting up a glass of wine or a mixed drink, think of your alcoholic beverage as a doughnut or a big, fat cookie," says **Franci**

**Cohen, certified nutritionist, exercise physiologist, and fitness instructor**, "because in essence, alcohol is closest in similarity to fat than any other food category [protein or carbohydrate]." Carbs and proteins each have four calories per gram, while fats clock in at nine and alcohol has seven, which places it closer to fats on the calorie scale, **Cohen** explains. Envisioning each drink as a fattening baked good may just help keep your consumption under control.