

8 Tricks for Avoiding Weight Gain This Holiday Season

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Eat Healthy This Holiday Season

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.