

FOR IMMEDIATE RELEASE:-

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Contact: Jean E. Justice, Southeast Area Extension Director

719-254-7608

Email: jean.justice@colostate.edu



**Southeast Area**  
*Extension*

**County Extension  
Offices**

**Baca County**

772 Colorado St.  
Springfield, CO 81073  
719-523-6971

**Bent County**

1499 Amb. Thompson Blvd.  
Las Animas, CO 81054  
719-456-0764

**Cheyenne County**

425 S. 7<sup>th</sup> W.  
P. O. Box 395  
Cheyenne Wells, CO 80810  
719-767-5716

**Crowley County**

603 North Main St.  
Courthouse Annex  
Ordway, CO 81063  
719-267-4444, ext. 7

**Kiowa County**

1305 Goff  
P. O. Box 97  
Eads, CO 81036  
719-438-5321

**Otero County**

411 N. 10<sup>th</sup>  
P. O. Box 190  
Rocky Ford, CO 81067  
719-254-7608

**Prowers County**

1001 S. Main  
Lamar, CO 81052  
719-336-7734

**AVOIDING WEIGHT GAIN DURING THE HOLIDAYS**

According to Southeast Area Extension Agent, Jean Justice, people trying to avoid weight gain at any time of the year seem to have more trouble during the holidays. Those who are already overweight or obese have special risks and are more likely to put additional pounds on during the holidays. Here are some holiday party tips that will help us all avoid paying with extra pounds for indulging.

- 1) Don't skip meals during the day to save up for a party. This just causes you to get over-hungry and over-eat. Eating a healthy breakfast and lunch will go a long way to prevent overeating at a holiday party.
- 2) Eat before going to a party? Yes! Try eating a salad or another low calorie food item an hour or so before the party and you will be less tempted by those high fat, high calorie appetizers and desserts.
- 3) Being a designated driver can help you cut calories by avoiding the high calorie alcoholic beverages. Alcoholic beverages also affect your judgment in choosing appropriate lower calorie food items. If indulging in an alcoholic beverage choose a lower calorie one such as wine instead of beer or hard liquor. Four ounces of wine is only 80 calories while a 12 ounce beer is 146 calories.
- 4) If you are taking a food item for the party, choose to make a tossed salad or a low-calorie appetizer. Then you know there will be at least one healthy dish you can eat.
- 5) Fill up on those salads and raw veggies first! Then go through the rest of the buffet and chose lean options and limit the amounts you take. Do enjoy a few of your favorite items but keep the portions small.
- 6) Last but not least make an effort to meet new people and circulate with those you already know instead of eyeing the food table.

Holidays don't have to be mean extra pounds for the New Year. Think before you eat!

For more information on nutrition and diet, contact your local Extension Office.