



Nutrition Tips to Beat Winter Weight Gain

General Tips

- Eat at least three times per day and avoid skipping meals.
- Pay attention to your body. Eat until you are comfortable and satisfied. Quit eating before you feel full, stuffed, or sick. You can have more if you are really hungry.
- Drink plenty of calorie-free beverages (water, tea, coffee, diet soda). You may be thirsty, not hungry.
- Pick lean meats, low-fat or nonfat cheese, and skim or 1% milk products.
- Get plenty of fiber. Vegetables, fruits, and whole grains are good sources.
- Cut back on sugar. For example, drink less fruit juice and regular soda.
- Limit the amount of alcohol that you drink.
- Keep all food in the kitchen or dining area. This is especially important in the winter as evenings are often spent watching TV or reading. Avoid snacking during these activities. If you do need a snack choose healthy snacks in moderation.
- Keep “junk food” and “trigger” foods out of the house. Make a special trip to the store when you MUST have it, and savor it.

Food Preparation

- Plan meals ahead of time.
- Try cooking methods that cut calories:
 - Cook without adding fat (bake, broil, roast, boil)
 - Use nonstick cooking sprays instead of butter or oil. You can also use wine, broth or fruit juice when cooking.
 - Use low-calorie versions of foods when possible.
- Cook only what you need of one meal (don't make leftovers).
- If you do make extra portions, put them away as soon as they are ready so you can save them for other meals.
- Make fruits and vegetables part of each meal.
- Drink water while you cook or snack on raw veggies.

Mealtimes

- Use smaller plates, bowls, glasses and serving spoons.
- Divide your plate into four equal parts. Use one part for meat, one for starch, (such as rice, pasta, potatoes or bread), and two for non-starchy vegetables.
- Do not put serving dishes on the table.
- Put salad dressing on the side. Then dip your fork into the dressing before you spear a bite of salad.
- Eat slowly. Take a few one-minute breaks from eating during your meals.
- Enjoy fruit for dessert instead of cake, pie or other sweets.
- Leave a little food on your plate. (You control the food; it doesn't control you.)