

December 2007

Dear KC-CDC: Every year I gain weight over the holidays. What can I do? Needing Help!

Dear Needing Help: You are not alone. According to the American Heart Association, some people gain 5-10 unwanted pounds between Thanksgiving and New Year's Day. We eat for a lot of reasons other than hunger, like eating to socialize or to show love and affection. Weight gain doesn't have to happen to you. Now I know some people worry that changing a recipe will change a taste that we know and love. That's understandable, particularly if the recipe has been handed down from generations. Here are some ways you can do it, however. Try low-fat, low-salt variations of old recipes early but don't tell anyone about your substitutions and see if they notice. You can also use low-fat cheeses, egg substitutes, healthy cooking sprays, nonfat salad dressings, etc. Be creative and see what wonders you can create. And always remember...moderation is a key word in approaching the holiday season. Rather than filling up on meats, make sure your plate includes multi-colored vegetables. The more colorful your plate, the more you can be assured you are getting a good food balance. Enjoy! And let us know how successful your holiday food preparation was.