

Eat Holiday foods and stay away from "everyday foods". Since these special items are only available this time of the year, indulge a little in those while avoiding the calories from foods that you can have anytime.

Eat half the amount of each food group that you KNOW you are supposed to have. This allows you to go back for seconds for the remaining amount.

Limit yourself to your favorite two starches or grains, and then split your allotted servings in half.

Stay away from added fats (i.e. dressings, gravy, butter). If you must have something, limit it to 1 teaspoon. Use less fattening toppings (i.e. cranberry relish on top of the turkey or holiday ham).

Wear something you look and feel amazing in -- not necessarily tight, but something that if you were to overdo it in, you know you wouldn't feel great about the way you look anymore -- tent dresses hide everything and may lead to overindulgence.

AFTER THE PARTY

Take a nice long walk after the big meal. Feeling really ambitious? Take a 30-60 minute jog. (You can also take a walk or jog before the meal. No one said you can't do them both).

InStyle



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with **Katrina Szish**, InStyle's National Correspondent

StyleSpy with Katrina Szish

December 14, 2007

PENNY'S HOLIDAY PARTY SURVIVAL TIPS

[Nu-Kitchen's Nutrition Director Penny Geller](#) shares her tips for successfully navigating holiday treat temptations:

BEFORE THE PARTY

Eat smaller meals during the day so that you can splurge a little more during the holiday meal without overdoing it for the day. **DO NOT SKIP MEALS!!!**

Eat a small, low-fat snack before holiday functions to take the edge off your hunger.

Bring a low calorie/low-fat dish to the party to offer to the host.

AT THE PARTY

Drink water or other non-caloric drinks while waiting to sit down to eat. If you want to have ONE glass of wine/alcoholic drink, save it to drink at dinner.

Stand far away from buffet table.