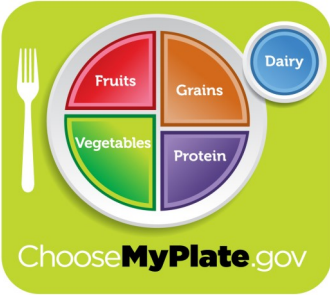


# MAINTAIN, DON'T GAIN

## HOLIDAY CHALLENGE

### Willpower Tip #2

#### Be Choosey



In preparation for holiday food gatherings, there's a tendency to skip meals...especially breakfast...to save calories. This tendency may lower your ability to resist the temptation of holiday foods, which tend to have added calories from fat and sugar.

#### Tips for choosing foods

1. Instead of skipping a meal, fill up on low energy dense foods. Examples include most fruits and vegetables prepared without added fat, skim milk and broth-based soups. Be sure to choose more whole fruit than fruit juice. You can eat liberal amounts of non-starchy vegetables.
2. When it is time to enjoy the eating event, start with whole grain foods and fruits and vegetables. Because they have fiber, they will help you feel full sooner and longer. You can always enjoy a dessert when you aren't feeling so full.
3. Meats, beans and legumes (protein foods) are quite filling and don't have to pack on a large amount of calories depending on the cut of meat, the preparation, and the added ingredients.
4. Cutting butter and oil can slash calories, but not all fats are bad. Get healthy monounsaturated and polyunsaturated fats from avocados, nuts, and olive oil. Bonus: Combining fat with fiber—like dipping veggies in guacamole—has been shown to increase fat's power to make us feel full.



[Click here for our featured recipe: White Turkey Chili](#)

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