



Parsons, Leif. (2006 October, 31 2006). The Claim: You Gain 5 to 10 Pounds During the Holidays *New York Times*. Accessed on November 21, 2006 from the New York Times Website  
<http://www.nytimes.com/2006/10/31/health/nutrition/31real.html?ex=1164258000&en=78a20dc631ade202&ei=5070>

## **Holiday Weight Gain**

Yanovski JA, Yanovski SZ, Sovik KN, Nguyen TT, O'Neil PM, & Sebring NG. (2000) A prospective study of holiday weight gain. *N Engl J Med*. 342(12):861-7.

A study from by researchers at the National Institute of Child Health and Human Development (NICHD) and the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) suggests that Americans probably gain about a pound during the winter holiday season-but this extra weight accumulates through the years and may be a major contributor to obesity later in life. This finding runs contrary to the popular belief that most people gain from five to ten pounds between Thanksgiving and New Year's Day. However, since this gain is not reversed during the spring or summer months, the net 1.05 lb weight gain in the fall and winter probably contributes to the increase in body weight that frequently occurs during adulthood

## **Holidays the Healthy Way**

The Centers for Disease Control. (2006) Holidays the Health Way. Accessed on November 21, 2006 from the CDC web site: [http://www.cdc.gov/nccdphp/dnpa/spotlights/holiday\\_tips.htm](http://www.cdc.gov/nccdphp/dnpa/spotlights/holiday_tips.htm)

### **Healthy Holiday Eating**

- Overcome the urge to overeat. Standing by the buffet table is temptation to overeat. Remember holiday parties are a time to celebrate with family and friends, not just food.
- It's easy to overindulge during the holidays. Make sure to watch portion sizes and select one or two of your favorites from the host of tempting foods.
- Leave those extra calories behind – limit your intake of foods high in fat or added sugar.
- If you drink alcohol, do so in moderation.

### **Holidays the Healthy Way**

The holidays are a great time to enjoy a colorful variety of fruits and vegetables.

- Bowls of fresh fruit are a festive and sweet substitute for candy or chocolates
- Remember calories add up! This is especially true during the holidays when we snack more. For a healthy snack, choose a piece of fresh fruit.
- You've tried the leftover turkey sandwich; now try the leftover turkey salad! Add a few pieces of turkey to a generous portion of mixed greens, cucumbers, mushrooms, peppers, or any other vegetables you like. Sprinkle with dried cranberries for that authentic holiday taste.
- Check out [5ADay](#) for great ideas to serve your guests a variety of fruits and vegetables!

### **A Present Packed with a Colorful Variety**

- For a great holiday gift, try going to your grocery store and selecting fresh fruits and vegetables. Place all your tasty treats in a basket, and you have a present packed with tasty fruits and vegetables.