

NIFTY NUGGETS

3 lesser-known weight tips

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HEALTH DURING THE HOLIDAYS

Overweight people tend to gain more weight during the winter holidays than everyone else, says clinical director Daniel S. Kirschenbaum of Academy of the Sierras, a weight-loss boarding school in Reedley, Calif. "The good news is that research demonstrates how to not only maintain your weight over the holidays, but how to continue losing weight."

The academy offers five tips for keeping the same belt notch when food is all around. Two of them you've heard and heard again — get more exercise on high-calorie days, and plan foodless activities — so here are the other three.

Don't starve all day in anticipation of eating too much later. That often backfires because starving generates strong biological drives to overeat. Instead, try a high-protein breakfast (egg whites and fat-free cheese do the trick) and foods low in fats and sugar the rest of the day.

After arriving at the scene of the tempting feast, look around before nibbling. Note the fresh fruits and vegetables, and steer clear of the table with high-fat chip dip and candies. It might make more sense to forgo the appetizers in favor of a leaner main course.

Keep track. Drag that it is, research shows that people who write down virtually everything they eat, along with their activities, are far more likely to lose weight during the holidays. It serves as reminder and scorecard for reaching goals.