



Below are the most commonly asked medical questions in a few seasonally-relevant topics. We hope you find this helpful. **Please note: to properly diagnose your medical condition, it is necessary that you consult with a physician. If you are in need of a primary care provider, please call (812) 332-4468. If you are experiencing a medical emergency, call 9-1-1.**

Eating Healthy During the Holidays

What can I do to prevent the extra weight gain of the holiday season?

To stay healthy during the holiday season and winter months, begin an exercise routine now. Getting in the habit of exercising regularly will help you keep off the extra pounds this winter, and will help you to continue your healthy habits once the holidays are over.

Why is it so important to maintain a healthy diet during the winter and holiday seasons?

If you get off track during the holidays, there is a high risk that your poor diet will continue well after the holidays are over.

My family holds several dinners and gatherings for each holiday. What can I do?

If you know that you have several family gatherings coming up that will serve unhealthy foods, snacks, and drinks, try to prepare by eating healthy and exercising for a few days leading up to the events.

What about the champagne and eggnog?

Just like eating, it is fine to indulge a little, but moderation is the key. Don't forget that drinks can contain a lot of fat and calories. Try to look for the lower-calorie beers or wines instead.

How can I save calories for my family when I am cooking a holiday meal?

There are a lot of easy ingredient substitutions that can save you and your family a lot of fat and calories (and guilt). For example, look for ingredients that offer less fat or sodium. Your family will be hard-pressed to tell the difference. Also, try grilling food instead of frying, steaming vegetables instead of sautéing, and use lower-calorie cooking oils.

How can I prevent or reduce cravings during the holidays?

Rich, sugary foods and desserts tend to make you crave more and more sugary foods, so try to avoid over-indulging in the sweets. Again, moderation is the key.

To learn more, and to see a complete listing of information, please follow the link below:

<http://www.betterhealthusa.com/public/273.cfm>