

# Coastline Nutrition News

From the desk of Stephanie Boulay, RD, LDN

November Nutrition Newsletter

## 10 Ways to Maintain Your Weight Over the Holidays

- Focus on weight maintenance vs. weight loss during the holidays.
- Do NOT plan to diet after the New Year. Anticipation of food restriction sets you up for binge-type eating over the holidays.
- Be physically active every day.
- Eat a light snack before going to holiday parties to avoid overeating.
- Plan ahead. Think about where you will be, and what foods are really special to you vs. those that you could probably do without.



- Make one plate of the foods you really want. Enjoy & savor every bite.
- Reduce the fat in holiday recipes.
- Choose your beverages wisely. Liquors, sweet wines and sweet mixed drinks contain 150-450 calories per glass. Limit your intake to 1- 2 drinks per occasion.

- Enjoy good friends and family rather than have food as the focus.

- Remember... Balance and Moderation.

**Eat, drink and be merry, but keep in mind your health!**

### ***Roasted Pumpkin Seeds***

Ingredients:

1 1/2 cups raw whole pumpkin seeds  
1 pinch salt  
2 teaspoons butter, melted

Directions:

Preheat oven to 300 degrees F. Toss seeds in a bowl with melted butter and salt. Spread in a single layer on a greased baking sheet and bake for about 45 minutes until golden brown, stirring occasionally.