

University of California  
 Cooperative Extension  
**Tulare County**  
 Agriculture and Natural Resources



Prepared by: \_\_\_\_\_

**PLAN AHEAD TO MAINTAIN WEIGHT DURING THE HOLIDAYS**

Holidays are a joyous time of year for many people, but they can also be a torturous time for anyone who is trying to maintain a healthy weight. With all of the homemade cakes, cookies, fudge, and mouth-watering desserts, whose willpower doesn't get tested? But the weeks ahead do not have to be torturous if you plan ahead.

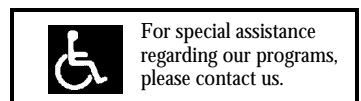
“To plan for success, you can plan to not gain weight by exercising, eating small portions and eating healthy dinners before going to holiday parties, or you can plan to indulge yourself to a limited extent during the holidays but lose the weight in January.”

If you plan on indulging yourself during the holidays, only gain the amount of weight that you know you will be able to lose. The indulgence should be controlled so the amount gained can easily be lost within one month. Plan ahead for the ways you will lose the extra weight. Set weekly goals for weight loss each week and stick to them!

Other ways to plan ahead for holiday feasting might include: adding an extra 10 minutes to your exercise routine can help keep off extra, unwanted pounds; add exercise to your daily work routine by taking the stairs instead of the elevator. Exercising should be a relaxing and fun way to lose weight. But find an activity and you like and sticking with it. An exercise buddy can also be a beneficial way to help not gain or shed unwanted pounds. An exercise buddy increases motivation and allows the exercise ritual to become social.

When planning a party of your own, there are a few important steps you can take to help ensure

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that your party is a calorie conscious one. Make sure you read labels carefully. Many new products that are labeled low in fat might not be low in calories. If you plan on serving a meal at you party, buy products that are low in calories and fat, such as fish or chicken, pasta with low-fat red sauce, vegetables and fruit.

Alcohol avoidance is important in keeping the weight off during the holidays as well. Instead of drinking an alcoholic beverage, try fixing a glass of sparkling water or a cup of coffee or tea.

For additional information, contact the University of California Cooperative Extension office in your county.

### **Peanut Butter and Honey Muffins:**

#### **Ingredients:**

1 ¼ cups all-purpose flour  
1 cup whole wheat flour  
1 tablespoon baking powder  
¾ teaspoon salt  
¼ cup packed brown sugar  
½ cup honey  
½ cup creamy peanut butter  
1½ cups of fat-free milk  
2 large egg whites, lightly beaten  
1 large egg, lightly beaten  
Cooking spray  
1 tablespoon granulated sugar

Preheat oven to 400° F.

Lightly spoon flours into dry measuring cups; level with a knife. Combine flours, baking powder, and salt in a bowl; make a well in center of mixture. Combine brown sugar, honey and peanut butter in a bowl; stir well with a whisk. Add milk, egg whites, and egg to honey mixture; stir just until moist. Spoon batter into 16 muffin cups coated with cooking spray. Sprinkle granulated sugar evenly over tops.

Bake at 400 degrees for 18 minutes or until muffins spring back when touched lightly in center. Remove muffins from pans immediately; place on wire rack.

Serving Information: 16 muffins (serving size: 1 muffin) Calories 180 Fat 4.7 g  
Protein 5.9 g Cholesterol 14 mg

**Source:** Olivia Bennett Wood Writer: Heather Hudson, Family and Consumer Sciences Department, Purdue University, West Lafayette, Indiana, Date: November 6, 1998.

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