

# Survival Tips for Parties



## Preparing for the Party:

- Never attend a party on an empty stomach. Try to have a healthy snack before you attend the party.
- Eat a light lunch if you are going to a dinner party to help you stay within your recommended calories for the day.

## Party Time:

- Enjoy the company of people not eating. Social eating can cause you to eat more than you realize.
- Avoid the high-fat dips and sauces and try to choose items such as lean protein, fruits, or vegetables.
- Use smaller plates and chew your food slowly.
- Chewing gum is a great distraction from eating.
- Drink plenty of water and alternate water between alcoholic beverages. Enjoy your alcoholic beverage and drink it slowly.
- If you are going to eat dessert share a piece with someone or choose to only take a couple of bites.
- Take your mind off food by enjoying the music, games, or meeting new people.



## Recovering from the Party:

- Exercise is an important part of burning off the extra calories that you ate at the party.
- Do not completely fall off the healthy eating band-wagon because of one piece of cake. Pick up your healthy eating where you left off.
- Find a way to treat yourself without food for the great work you have been doing by eating healthy and exercising.



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