Holiday meals can challenge a diet; some tips to keep you on track: a NetWellness column

By Plain Dealer guest columnist
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Question: I am just starting out on a new healthier eating plan to lose 25 pounds. My husband loves to cook for the holidays -- with at least three-course meals. What should I do during to prevent eating too many calories? Is it OK to eat the main course of turkey, mashed potatoes, sweet potatoes, cranberry relish, green bean casserole and a sliver of pumpkin pie? Can these be eaten in small portions and be OK? Or should I cut back on half of the things listed?

Answer: Congratulations on your decision to adopt a healthy eating plan.

The holiday season can be a challenging time for anyone to follow a structured diet, so here are a few tips to help you stay on track for a healthy new year.

- **Breakfast:** Start your day with a wholesome breakfast of healthful foods, such as whole grains, fruit, peanut butter, or low-fat milk/yogurt. You will lessen your chances of overeating later in the day.

- **Balance:** Include a balance of high-calorie favorites and low-calorie high-fiber options such as fruits and vegetables in your holiday meals.

- **Cut Back:** Remember portion control! Savor the taste of high-calorie foods in small portions.
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