

## 10 TIPS FOR NOT COMMITTING EXCESSES AT THE END OF YEAR PARTIES

### BEFORE



Stick to your usual diet and don't skip meals to make up for what you will eat at the main meals on the holidays.



Stay hydrated throughout the day, especially if you plan to drink alcoholic beverages.

### DURING



You will have many options available, so choose the foods you like best and try to create a dish with foods from all the food groups.



Respect your hunger and satiety signals and remember that you can eat those foods at any time of the year, so you don't need to eat everything at once or overdo the quantity.



Control the consumption of alcoholic or sugary drinks (sodas, industrialized juices) and natural juices, and alternate with a few glasses of water.



Avoid snacking during the meal, put your plate together and, if possible, eat at the table while socializing with family and friends.



Between the holidays, try to continue your physical activity routine (even if it's a light activity, like walking). Try to maintain your water consumption and snacks in between.

### AFTER



Leftovers from the previous dinner can be eaten on the following days. They can be made into another preparation or combined with other foods (vegetables and legumes).



Get back into your eating and physical activity routine, even if you need to start a little slower.



It is not necessary to compensate for possible overeating with excessive physical activity or food restriction. It is normal to feel bloating or discomfort after eating different foods or a little more than usual.

