



****TIPS FOR SURVIVING THE HOLIDAYS****

Christmas and New Years feasting can add an average of 6 pounds!

- Holidays can be stressful, and we are tempted to eat many high calorie foods that we don't have at other times of the year. You may want to consider just trying not to gain weight during this time, and then resume your Cambridge diet plan after January 1.
 - If you decide you want to continue to lose weight during the holidays, continue using your Cambridge product 3 times a day with or without additional food. If adding additional food, use the Cambridge ½ hour before each meal.
 - Never go out to dinner or to a party hungry! Have a Cambridge shake or bar and water ½ hour before you leave. You will be able to enjoy the food, but you won't stuff yourself.
 - Try not to pick. We take in up to 20% of our holiday calories by sampling food as it cooks, taking it off platters before it's served, and as we're cleaning up. If you want to sample, put your samples in a dish, and put it aside to eat later. You will eat less.
 - Try to be in control of everything you eat. Try not to put food in your mouth without first thinking: "Do I really want this? Am I really all that hungry?"
 - If you have decided to maintain, have a Cambridge drink, soup, oats, dessert or bar for a meal replacement occasionally throughout the holidays. Snack on Cambridge bars.
 - If possible, try not to bake goodies, or at least limit how many you bake. If you are baking for gifts, try making loaves of pumpkin, cranberry, or banana bread. It is easier to refrain from eating them because you must cut off a piece to eat, and then you can't give the loaf as a gift. When we bake other goodies sometimes we lose all control and binge. You might consider giving non-food gifts instead of goodies you bake.
 - Get rid of leftovers—send guests home with packages of food. Most people don't gain 6 pounds eating their Thanksgiving & Christmas Dinners—it's the 3 days of leftovers that pack on the pounds.
 - Make time for a half-hour brisk walk. It will lift your spirits, relieve stress, and burn calories.
 - Plan to eat only the foods that are served at the holidays, and skip the rest unless it is a favorite food. Then take a small serving.
 - A few setbacks are bound to occur so don't consider yourself a failure if you eat something you didn't plan on eating. Try to figure out why the slip happened, and write down what it was so you can try to avoid it the next time.
 - Do your best! You shouldn't expect to be perfect! Nobody is a perfect dieter!
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