HEALTH ESPRESSO – HOLIDAY WELLNESS

It’s that time of the year when family and friends come together to reunite, spend good times and revisit traditions, which are all filled with fun and laughter. These are occasions that involve a lot of eating and drinking. Even the most disciplined people struggle with temptation during the holiday season.

How to eat then at holiday parties without sacrificing too much fun? Here are some tips to guide you.

1. Downsize your plate.
   Use an appetizer or salad plate instead of a dinner plate.

2. Choose wisely.
   Research suggests that you’ll consume the largest quantity of the foods you eat first, so set yourself up for success by starting with something low-calories like veggies.

3. Think small.
   Take small bites and chew more.

4. Pour wisely.
   Count 1-2-3 when pouring yourself a glass of wine, to get an estimated 5-ounce serving.

5. Rest up the night before holiday.

For queries regarding this announcement, email clinic@dlsu.edu.ph

Thank you.

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