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Navigate The Season's Nutritional Pitfalls

Don't let the tempting weeks between Thanksgiving and New Year's ruin all your hard work. Here's how to enjoy them and stay healthy at the same time

The weeks between Thanksgiving and New Year's often seem like one big feast. But it is possible to stay on track with your training and keep your weight steady while enjoying the festivities of the season. Just remember these four must-dos on party days:

Eat early:

Breakfast is essential on days when you have a holiday party on the schedule. Skipping meals-and breakfast in particular-may lead to overeating later in the day. At breakfast, include some protein and fiber (try oatmeal with nuts and some yogurt) since they keep you feeling satisfied.

Become an a.m. runner:

A morning workout will stoke your metabolism first thing and help you stay on top of your training.

Afternoon or early evening workout plans quickly fade when a holiday gathering is on tap.



READ MORE AT THE JUICE BAR

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[NOTE: Some sentiments contained within "What We're Reading" articles may not strictly conform with PROJECT: PFC's nutritional outlook. We read articles containing opposing information all the time and derive our nutritional philosophies from the latest science, the opinions of experts worldwide and our anecdotal experiences in the field. We keep an open mind and a strong affinity for fact-based evidence to help make the world of nutrition "Simple Again" for you.]

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Keep the fuel tank full:

Eat regular meals and snacks every few hours up until party time. This steady flow of calories keeps your brain fed, which enables keen decision-making. Be sure to include protein at each meal (soymilk, roasted turkey, low-fat cheese) for better appetite control.

Know what to expect:

Find out from the host in advance what's on the menu. You can plan better if you know you'll be served a full meal or a spread of light appetizers.

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