

FOOD TIPS TO SURVIVE A PARTY



- 1.-Make sure you don't go to these types of functions starving! It's ok if you're hungry, but make sure you've eaten throughout the day or maybe have a larger lunch. If you're starving, you just may eat everything in sight!.
- 2.-Take a tour around the entire food table before making your selections. There's nothing worse than filling your plate only to find your favorite food at the end of the line. Now what? Stack it? Ummm, hopefully not ;)
- 3.-Stick to foods you normally wouldn't eat if you were at home. Don't waste calories on food you eat everyday! It's a special occasion, your food should be too!.
- 4.-Promise yourself you'll eat at least one or two veggies. And do it!.
- 5.-Drink a glass of water before the party, upon arrival and in between alcoholic drinks, should you choose to drink those.
- 6.-Be strategic about alcohol. Avoid drinks mixed with soda (lots of empty calories), and be mindful of how much you're drinking.
- 7.-Try to focus on the event, not the food.
- 8.-Have a big salad before you get to the "good stuff!".
- 9.-Place limits! Try a 2 plate limit and a 2 drink limit.
- 10.-Log what you eat.

