

## NUTRI-SERVE TIP OF THE WEEK

**By Kristen Mueller, RD (Nutri-Serve Corporate Dietitian)**

### **Appetite Control Tips Over the Holiday Season**

**Tip 1: Am I thirsty or hungry?** The cues in our body indicating that we are hungry or thirsty are often very similar. Make sure to drink a full glass of water before enjoying that delicious holiday food to help prevent yourself from overindulging. Stick to low calorie beverages like water or sparkling water as opposed to sodas or other sweetened drinks. Set up a “fruit stand” with various dressings for your water like lemon and lime wedges or cucumber slices.

**Tip 2: A serving line strategy...** Check out all of your food options before making up your plate. Think of the food groups highlighted by [www.MyPlate.gov](http://www.MyPlate.gov) (also the same of the school lunch program). Choose a food item within each food group-fruit, grain, protein, vegetable, dairy- in a realistic portion size and then anything else just take a taste.

**Tip 3: Slow it down....**It takes your body up to 20 minutes to register fullness. Put your fork down between bites and enjoy good conversation with family and friends!

*Kristen Mueller, RD*