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8 Ways to Eat Healthy This Holiday Season

Let these out-of-the-box tips from those who know best be your guide to a healthy and delicious holiday.

By Brianna Steinhilber, Associate Editor

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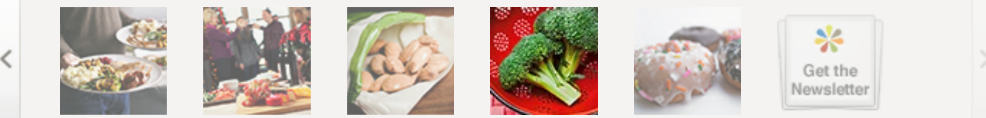
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Take the Broccoli Test

Don't worry — we're not going to tell you to fill your plate with green veggies all season! But envisioning it may just stop you from overeating, according to Adam Gilbert, founder of MyBodyTutor, a weight-loss program that gets results by offering daily personal accountability. "Many times, we're eating food simply because it's in front of us and available," says Gilbert. Before filling up another plate at the holiday spread, Gilbert says to ask yourself, "Would I eat broccoli right now?" If the answer is no, "we're no longer physically hungry, we're just eating for the sake of eating," he explains. If the answer is yes, he says, then you're actually hungry and it's safe to proceed — but do so with caution! "Cut up your food. It tricks our brain into thinking we're eating more," Gilbert says, "and eat with your nondominant hand. Lots of laughs and less eating."



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