

Mayo Clinic Minute: How to burn off holiday party calories.

Holiday parties might be filling up your schedule, and those extra calories stretching out your waistline. Laurie Molina, a Mayo Clinic dietitian, has some tips on how to enjoy holiday gatherings and gives you an estimate of what it would take to burn off the calories from some of those holiday treats.

Video	Audio
	Holiday parties can mean an abundance of food and drink.
Laurie Molina Dietitian Mayo Clinic	"You can always have a snack before you go, a balanced snack— lean protein and a vegetable and some sort of a whole grain so that you go and you're not starving."
	Then enjoy some party food. You'll feel full faster. But take your time and eat slowly.
	"Slowing down and taking your time to eat can prevent overeating.
	But calories can still add up.
	"If you are about an average-sized person, 150 pounds, and you eat about six Swedish meatballs, you'd have to walk for about 42 minutes to burn them off."
	Eggnog is high fat and high calorie.
	"Depending on the size of your glass could be about 60 minutes of walking to burn it off."
	"One small holiday cookie would be about 20 to 30 minutes of walking."
	"Two glasses of Prosecco would be about 45 minutes of walking."
	Keep your focus on what you're celebrating this season.
	"Enjoy yourself, your food and the time with your family. But in moderation."
	For the Mayo Clinic News Network, I'm Joel Streed.