

## Mayo Clinic Minute: 3 tips from a Mayo Clinic dietitian on managing holiday indulgences

Whether it's work parties, social gatherings or family get-togethers, December joins people for holidays and social events centered around plenty of food and drinks. But overindulging during the holiday season can bring unwelcome consequences.

Andrea Delgado, a Mayo Clinic dietitian, shares three tips to help manage holiday indulgences this season.

Video	Audio
	However you celebrate the holidays, there is likely to be an excess of food at your fingertips.
	And that usually means lots of sugar and perhaps alcohol.
	Mayo Clinic dietitian Andrea Delgado says you can manage indulgences during the holidays with these three tips.
	"No. 1: Don't choose to go on a diet right before the holidays."
	Instead, pay attention to how much and how often you're eating.
Andrea Delgado Dietitian Mayo Clinic	"No. 2: Don't beat yourself up. If you do overindulge, it's OK to make a plan moving forward at the next party, at the next gathering."
	Allow yourself to choose different items and portion sizes next time. What you drink matters too.
	"No. 3: Stay hydrated. Oftentimes what we neglect most is staying hydrated, and we choose sugary beverages or alcohol, which can add a lot of added calories, empty calories that we can save by drinking water."
	She says water should be your main beverage every day, including the holidays.
	For the Mayo Clinic News Network, I'm Joel Streed.