

Media Contact:
Penny C. Sansevieri
penny@booksbypen.com
(858) 560-0121

FOR IMMEDIATE RELEASE

Getting Through the Holidays without Packing on the Pounds

Easy tips to eat right without giving up social events

CALIFORNIA - During the holidays, the average person gains five to seven pounds. This eating frenzy begins sometime around Halloween and goes right through to December 31st. We're tempted by all kinds of treats, gourmet meals, and social events that try our dieting resolve. But it doesn't have to be that way. Melanie Jordan, Health Coach and author of *Have your Cheeseburger and Keep your Health Too!* suggests that expecting to stay on a diet during the holidays is setting yourself up for failure. Staying home and not enjoying the season because you're afraid you'll overeat isn't a solution either.

"Instead," Jordan offers, "prepare for social events by incorporating a few small changes into your lifestyle. These can really make the difference between eating healthy and dumping the diet altogether."

1. If the social event is a potluck, bring a healthy dish. That way you know there's at least one healthy alternative you can eat guilt-free.
2. When bringing your own dish isn't possible. Load up on healthy foods. Fill your plate with veggies, salad, whole grain bread, even rice and pasta in measured amounts are better choices than cheesy casseroles, cookies and cakes.
3. In a restaurant, never be afraid to make up a meal of healthy side dishes. You can even make a group outing to a steakhouse work using this method!

4. You've got to be fearless about speaking up when eating out. Don't be afraid to make suggestions on places that you know would work better for you and if you need to know how the food is prepared. Ask! And don't hesitate to make special requests or substitutions!

*Melanie Jordan is a health coach, author and advocate of using plant-based proteins to turn all of our favorite foods into health foods. Her book *Have Your Cheeseburger and Keep Your Health Too!* shows people how it is possible to eat all their favorite comfort foods and still enjoy the benefits of a healthier lifestyle without a lot of sacrifice. Dr. Lori Hickson, M.D. offers the following comments on Melanie's book: "Her down-to-earth way of showing people how to adopt healthier eating habits with their favorite foods is a winner. I wish I could get more of my patients to adopt this kind of healthy eating style!" You can visit Melanie's web site at www.healthyeatingcoach.com.*