



The holidays are upon us and that means spending time with family, Secret Santas, and many, many holiday parties. It is a fun and festive time of year, but also a time of year when eating and drinking can pack on unwanted pounds! Couple that with winter weather, making outdoor workouts are more difficult, and you have the perfect storm for weight gain!

While a little over-indulging during the holiday season is expected, it is important to keep an eye on the food, drink and good cheer so you don't wake up on New Year's Day with a hangover, *and* an extra 10 pounds!!

Below are a few links to help you keep track of calories during the holidays, and understand what you are really eating and drinking. Just knowing how many calories and fat are in the food that you are eating might help you make better choices along the way.

Fun quiz about holiday foods:

http://www.sparkpeople.com/resource/quizzes_questions.asp?quizid=38

How many calories are in popular holiday foods:

<http://www.caloriecontrol.org/articles-and-video/feature-articles/popular-holiday-dishes>