



Harris County Hospital District

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MEDIA RELEASE

Scale Down Holiday Weight Gain

HOUSTON (Nov. 1, 2006) – The holiday season is here, which means a lot of parties and a lot of food. But just because you’re going to have extra fun doesn’t mean you need to add extra pounds.

Experts at the Harris County Hospital District are offering tips to prevent you from gaining those extra holiday inches.

“The holidays are a time of excitement, with parties and presents. But the holidays can also be stressful because of finances and family,” said Jiwan Gupta, registered dietician at Settegast and Northwest community health centers. “When people are stressed, food can be a comforting factor.”

According to a National Institutes of Health study, the average person only gains about a pound during the winter holiday season – but this extra weight accumulates through the years and may be a major contributor to obesity in life.

“The key to not gaining weight is eating in moderation,” Gupta said. “You can eat what you want – just in moderation. If you must have a fried food, pair it with vegetables and fruits.”

At parties, Gupta suggests eating small nutritious snacks before attending to decrease lessen your hunger. She also suggests using smaller plates for portion control.

“If you overeat at a party, don’t worry – it’s not the end of the world,” Gupta said. “At the next meal make healthier choices.”

Other tips:

- Eat slowly
- Do not skip meals
- Use measuring cups and spoons
- Don’t eat while watching television, and don’t have food around you while watching TV

The Harris County Hospital District is the public health care system for the nation’s third most populous county. It provides more than 1.1 million health care visits each year to uninsured and underinsured residents of Harris County. The district operates Ben Taub General Hospital, Lyndon B. Johnson General Hospital, Quentin Mease Community Hospital, 12 community health centers, a dental center, eight school-based clinics, 13 homeless shelter clinics and four mobile health units.

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