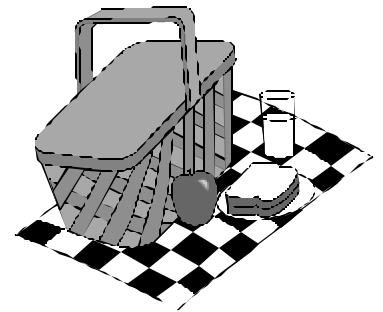


# Tips for Picnics

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Many summer parties include a picnic. There's Memorial Day, the Fourth of July, Labor Day, the staff picnic, and the trip to the amusement park. Here are some tips for keeping your goals.

- ◆ Before you go to the picnic, eat something low-calorie (e.g., fruit, low-calorie yogurt). Don't arrive starving.
- ◆ Offer to bring a dish that is low in calories.
- ◆ Be last in line at the buffet. You'll be less likely to go back for seconds.
- ◆ Stay away from potato chips, dip, and nuts. Save your calories and fat grams for foods you rarely get a chance to eat.
- ◆ Try to choose just one favorite. Take a moderate amount.
- ◆ Watch out for potato salad, macaroni salad, and coleslaw. Mayonnaise adds a lot of calories and fat grams.
- ◆ Healthy choices at a picnic include fresh vegetables, fruit, and baked beans.
- ◆ Drink alcoholic beverages only with your meal or after you have eaten. Alcohol lowers your blood sugar and your willpower. It can also increase hunger.
- ◆ Drink light beer instead of regular beer.
- ◆ Alternate between drinking an alcoholic and a non-alcoholic beverage (e.g., water, diet soda).
- ◆ Try to talk to people who aren't eating and who aren't standing by the food table.
- ◆ Do something active instead of eating. Join a softball or volleyball game, throw a Frisbee, or play tag with the kids.



## **If you're the host or hostess:**

- v Offer low-calorie choices (e.g., vegetable tray, fruit platter, and fat-free hot dogs).
- v Cut back on calories and fat as much as you can. For example, use light cream cheese and reduced-calorie mayonnaise or sour cream in recipes.
- v Send your guests away with any leftovers that are too tempting to keep around.

Don't forget: If you do eat too much, get back on track *at the very next meal*.