

MAINTAIN DON'T GAIN

Week 1: Swap your sweets

Take the first step toward maintaining a healthy weight

Get yourself in the right frame of mind by creating an environment that supports your healthy goals for the holidays. You'll have lots of opportunities to indulge at parties and events, so make your home a safe haven by removing any temptations.

Your challenge: Clean out your pantry of chips, cookies, candies, and other unhealthy snacks.

Your tips:

- Leftover Halloween candies and other bite-sized snacks might seem harmless because of their small size, but they can add up. Give them away or simply throw them out.
- Stock up on fruits—preferably fresh, seasonal varieties, but even canned or frozen fruits are healthy as long as they don't contain added sweetener. Dried fruits like cranberries, raisins, and dates are also delicious and rich in fiber, but they can pack a caloric punch due to their condensed size, so eat them in moderation.
- Looking for healthy snack alternatives? There are plenty of options at the grocery store; all you have to do is look—and read the labels. Try low-fat cookies, edamame (soy beans), or air-popped popcorn.



- Bottom line: If you don't want to eat something that's bad for you, don't make it easy to get your hands on it.

Your link: Find fresh fruits and vegetables at a Kaiser Permanente farmers market. For a list of locations, visit kp.org/farmersmarket.

Monitor your progress on your personal tracker, and celebrate a healthier you.

**CLICK HERE
TO FIND A FARMERS MARKET**

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