

## **Tips to Avoid Overeating In Christmas Holidays**

Have you guys heard of the Bermuda Triangle Syndrome? Google it! ☺ Short on time? Simply put, it is about overeating habits mainly seen during festive season. Christmas and New year's holiday season is round the corner and if you are not focused on your diet during these holidays, it can play a huge havoc into your life.

But following some sure-fire tips mentioned here will save you from the horrifying consequences of overeating.

### **Add it to your New Year's Resolutions**

Though it is difficult to avoid overeating during holiday season, you can add 'weight loss' to your new year's resolution and try to get in a perfect shape. Sounds a good plan? You have plenty of time during holidays, most probably till January. So, instead of becoming a calorie hoarder, you can make a little sincere efforts to control your food intake and stay devoted to your exercise plan. For people with extremely lazy attitude, please remember that doing something is much better than doing nothing.

### **Count the Calories**

The below mentioned piece of information is going to be extremely helpful for foodies this festive season.

- 4 packs of the great American large beer - 12oz Budweiser beers contains 728 calories
- A cup of dressing contains 404 calories
- 8oz of eggnog contains 344 calories
- 2 slabs of ham of about 4oz each will get you 365 calories
- 2 packs of 8oz whiskey sours can add 743 calories to your body
- Hot cocoa powder mix of 8oz will get you 903 calories
- A candy cane of about 8" in height contains 365 calories
- If you take 20 chips and 1/4 cup salsa, you are consuming 430 calories
- 4 regular-size sugar cookies contains about 340 calories
- 2 turkey legs contains 384 calories
- 3 slices of pepperoni pizza of 14" thin crust will bring in 894 calories to your body
- A slice of pumpkin pie contains 316 calories

Is it hard to believe? Yet, it's high time to peep into the reality.

So the next time you attack on your favourite dishes and drinks, count down the calories first. While the metabolism rate of your body may greatly vary the fat burning pace of your body, it is wise to avoid overconsumption. Remember, even a small step can make you begin and it truly matters!

What's more, you can add minimum 2-3 cup of organic green tea and practice yoga or any other form of exercise on a regular basis. This will stoke a metabolic fire and keep you fit!