

DailyFIX

Eat well at weddings

The wedding season overflows with decadent cuisine lavished upon those running the gauntlet of engagement parties, bridal showers, bachelorette parties, rehearsal dinners and wedding receptions. Registered Dietitian Jennifer Baumann, director of nutrition for TrimTalk.com, offers some strategies to help guests stick to their health regime:

- Before the party, write a journal entry about how much you're going to eat, and what healthy choices you'll make. Challenge yourself to stick closely to it and detail how you will reward yourself for doing so.
- Forego a heavy breakfast or lunch to balance out your party fat and calorie intake.
- Enjoy a healthy snack just before the party.
- Rather than grazing on cheese, crackers and the litany of fried tidbits, eat crunchy vegetables instead — just be sure you don't drown them in dip.
- Watch alcohol intake. Alcohol drops your resistance and can result in overeating.
- Give yourself permission to say "no" ... tactfully. Consider giving the party planner advance notice detailing special dietary needs or preferences.
- Have fun and dance. Burn calories by cutting the rug — you'll probably have far more fun and will have turned the event into a full-fledged fitness opportunity.

— Cathy Woolridge
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