

Double Chocolate Cheesecake Dip

1/6th of recipe (about 3 tbsp.): 72 calories, 4g total fat (3g sat fat), 78mg sodium, 7.5g carbs,
1g fiber, 4.5g sugars, 2.5g protein

Ingredients

3/4 cup light whipped topping
1/3 cup fat-free vanilla Greek yogurt
1/4 cup light/reduced-fat cream cheese,
room temperature
2 1/2 tbsp. unsweetened cocoa powder
2 packets no-calorie sweetener
1 tsp. vanilla extract
Dash salt
2 tsp. mini semisweet chocolate chips



Directions

In a medium bowl, combine all ingredients *except* chocolate chips. Mix until smooth and uniform. Stir in 1 tsp. chocolate chips. Top with remaining 1 tsp. chocolate chips.



5 Tips for Enjoying the Holiday Without Gaining Weight

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Americans gain about one to two pounds during the holidays. While this doesn't sound so dramatic, research shows it adds up over the years. Luckily, there are ways to avoid holiday weight gain.

Tip #1: Don't Skip Meals

Saving your appetite for a big holiday party or feast? Don't. Skipping meals during the day may result in overeating. It is especially important to have breakfast, as research shows that those who eat this important morning meal tend to consume fewer calories throughout the day. Include lots of fiber by eating fruits, vegetables and whole grains. Fiber-rich foods are high in volume and will satisfy hunger, but are lower in calories.

Tip #2: Eat Small Portions

Holiday meals tend to be large, buffet-style and include second and third helpings. While one might not eat an entire cake, a common mistake is eating large portions of foods that are perceived as healthy. It's important to include nutrient-rich foods in your diet, but also remember that these foods have calories as well and should be eaten in moderation. Using this approach at the holiday dinner table will allow you to maintain a healthful eating plan — one that can also include dessert.

Tip #3: Pick a Strategy to Avoid Overeating — and Use It!

There are many strategies to help you avoid overeating. Using a smaller plate, for instance, allows you to put less food on your plate and encourages proper portion sizes. Also, start by filling your plate with vegetables and salad before going to the entrees and desserts. Eating a salad before your meal can help you eat fewer calories overall. Eat slowly and savor every bite, and before you go back for seconds wait 10 minutes to see if you really still are hungry.

Tip #4: Keep Moving

Finally, after dinner, get some physical activity. This is a great time to go for a walk and catch up with family members, or play catch or a game of basketball with the kids.

Tip #5: Visit with a Registered Dietitian Nutritionist

Need help figuring out how to politely refuse Aunt Sally's push to fill your plate again? How about ways to stick with your personal lifestyle goals? For more information on eating well, contact a **registered dietitian nutritionist** in your area.

With just a few strategies, you can avoid holiday weight gain while still enjoying friends, family and the holiday feast! 🐦