

Handling Special Occasions

Birthdays do come around once a year, and wouldn't you know the Thomas' have had two in the past week. Special occasions do present a dilemma for the health conscious: is cake a forbidden food?

When the task of getting leaner seems to take the fun out of life, then frustration can lead to "what the heck" type of thinking, and one piece of cake turns into 10.

Getting in shape is a long-term goal, and all or nothing goals tend to make people feel deprived and guilty. Celebrations are part of living, and it is possible to eat your favorite foods – and enjoy every bite!

Instead of....

Try this...

2 pieces chocolate cake	596 calories	1 piece chocolate cake	248
3 oz potato chips	480 calories	1 oz potato chips	160
4 slices pizza	1228 calories	2 slices pizza	614
Total: 2204 calories		Total: 1022 calories	