



washingtonpost.com

## LEAN PLATE CLUB: HOLIDAY CHALLENGE

To help keep in caloric balance, take your daily calories and divide into thirds to get a rough estimate of calories for each meal, during the Holiday Challenge. So if your daily calories = 1,800, that means you have an estimated 600 calories per meal.

Since snacks are an important part of staying on an even keel, plan on one to two snacks per day of about 100 calories each and adjust daily calories accordingly. So to incorporate a morning snack, eat a breakfast of about 500 calories. To enjoy an afternoon snack, keep lunch or dinner calories at about 500 calories. You get the idea.

Good snack choices include: 1 cup of chicken noodle soup (90 calories); 1/2 cup blended fruit, non fat yogurt (100 calories); two, large whole grain crackers, such as Wasa or Ryvita ( about 50 to 100 calories) a wedge of low-fat or non-fat cheese (Light Laughing Cow = 35 calories.)

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
<b>Breakfast:</b> Aim for 1/3 of your daily calories							
<b>Snack:</b> Aim for 100 calories with a combination of protein, healthy fat and healthy carbs							
<b>Lunch:</b> Aim for 1/3 of your daily calories							
<b>Snack:</b> Aim for 100 calories. Especially important before parties.							
<b>Dinner:</b> Aim for 1/3 of your daily calories							
<b>Total Calories:</b>							