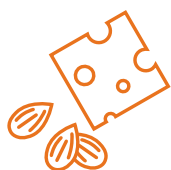


Healthy Holiday Habits

Tips to Prevent Holiday Weight Gain.



Enjoy your favorite holiday meals on the actual days of celebration and maintain your normal routine in between the holidays.



Before going to a holiday dinner, have a protein packed snack.



During a feast, first fill half of your plate with fruits and vegetables.



Always take a small sized plate to control the portions.



Do not indulge in every dessert during a feast, just eat your one favorite dessert and take time to eat it slowly.



Limit the amount of alcohol and sugary drinks during celebrations. They just add empty calories.

At Dignity Health Medical Group, our obesity medicine specialist, Anila Chadha, MD, provides individualized care with personalized counseling on sustainable lifestyle changes in diet and exercise and treats obesity with FDA-approved weight loss medications.

Schedule an appointment with Dr. Chadha if you or your loved ones struggle with weight-related metabolic health problems such as prediabetes, high blood pressure, high cholesterol, diabetes, fatty liver disease, polycystic ovarian disease, knee and hip arthritis, back pain, and obstructive sleep apnea.



Anila Chadha, MD
Obesity Medicine Specialist



Most insurances accepted.
Scan to learn more.



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