

Eat deliberately this holiday season

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LEDE: Winter brings bountiful holiday meals and the temptation to chow down. But overindulgence may lead to long-term consequences. Tim Ditman of OSF HealthCare has some tips for healthy eating.

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OSF doctor Andrew Zasada says don't come to the meal hungry. Keep the food spread away from the table. Take the meal slow. And when you finish, don't linger in the kitchen and nibble.

If you do overeat, avoid alcohol and lying down.

*SOUNDBITE: "That opens up the sphincters of your stomach, slows down digestion and increases the chance for heartburn."*

I'm Tim Ditman.

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TAG: Doctor Zasada adds to not get discouraged by one day of poor eating. But if you have persistent problems with weight or body image, talk to your primary care provider.