



Health Tribune

Thinking about your health in Portage County
Provided by the Portage County Health Department



Volume 4, Issue 11

November is... The Start of the Holiday Season

It's that time a year again! The holiday season is a time of getting together with family and friends. It is also a time over indulgence of all tasty treats!

Whether attending a company party, family gathering, out for a New Year's Eve celebration, or anything in between, here are some tips to help you enjoy the holidays while not gaining weight.

Eating Tips:

- Never go to a party hungry. Eat a low-fat snack before you go.
- Limit your alcohol intake....these are empty calories.
- Take a brisk walk before eating. This can reduce your appetite as well as burn calories.
- Use small plates and take small portions.
- Avoid cream based soups. Stick with clear broth soups.
- If you must take second helpings, choose salads and vegetables.
- Enjoy your favorite desserts. Just watch your portion size.
- Stop eating when you start to fill full.
- Move away from the buffet table when socializing. It will stop you from mindless snacking.

Your best bet is to not try and lose weight during the holiday season. Instead focus on maintaining your current weight.

Just remember....Limit the amount of high-fat foods you eat and get regular exercise to keep those extra pounds off.

Did you know...?

The Portage County Health Department (PCHD) can help you stay well during the holiday season.

Don't forget your flu shot! PCHD has flu shots available every Wednesday from 8:00-12 noon. The clinic is located at 449 South Meridian Street, Ravenna, 1st floor next to WIC. Clinics are walk-in, no appointment necessary. Call 330-296-9919 for further details.



PCHD also works to keep you safe while your eating out during the holiday season as well as all year long. PCHD is an important part of the food safety system in Portage County. It is in charge of:

- Inspecting food establishments (grocery stores and restaurants) to make sure proper safety measures are being taken, such as thermostat-controlled cooking, refrigeration, and washing facilities.
- Investigating cases of food borne illness. Anytime you think you may have had a food borne illness, report it to your local health department, even if it is after you have recovered.

Questions or Comments?

Contact Us!

Portage County Health Department

449 S. Meridian Street

Ravenna, Ohio 44266

Phone: (330) 296-9919

Nursing Clinic: (330) 298-4490

Email: pchd@portageco.com

<http://www.co.portage.oh.us/healthdepartment.htm>