

CHOOSE YOUR PLATE



U.S. Department of Agriculture (USDA) researchers found that the average American gains 0.8 pounds in the six weeks between Thanksgiving and New Year's. This accounts for 51 percent of all adult weight gain in the United States each year. The "choose my plate" method, recommended by USDA, is one way to plan balanced meals and avoid holiday weight gain.

51%

Healthy alternatives

You don't have to ban holiday cookies to promote healthy eating at work. Consider holding a healthy (or healthier) holiday cookie contest or a "holiday hold 'em" challenge to encourage employees to maintain their weight this season. Choosemyplate.gov has resources on nutrition and weight management.