



## Nutrition Nibbles

### Thanksgiving Trot

Don't let yourself become the stuffed turkey this Thanksgiving! Get inspired to create a new family tradition by incorporating physical activity into your holiday celebration.

Cooler weather is finally here and Thanksgiving is just around the corner. In preparation for the great feast, let's start off with a little turkey trivia (courtesy of the American Council on Exercise).

How many calories do you think are in the average Thanksgiving meal?

- a.) 500
- b.) 1000
- c.) 3000
- d.) 10,000

You may wish there were only 500 calories in that particular meal and often it can feel more like 10,000 but the answer is actually 3000 calories, which is almost double the amount of calories that most people need in an entire day! What does 3000 calories look like? Three thousand calories is the equivalent of 5 ½ Big Macs or 13 small orders of French fries or 250 ounces of coca-cola. Can you imagine eating that many fries or slurping that much soda in one sitting? Well, that is essentially what you're doing when you sit down and feast at the Thanksgiving table!

Ok, on to some more turkey trivia...

How many grams of fat are in the average Thanksgiving dinner?

- a.) 30 grams

- b.) 65 grams
- c.) 100 grams
- d.) 200 grams or more

The average diner eats 229 grams of fat at Thanksgiving which is 3 ½ times more than the 65 fat gram daily recommended limit! You would have to eat 19 medium croissants or 8 cups of Ben and Jerry's vanilla ice cream or 3 dinner entrees-worth of fettuccine alfredo to get that much fat in normally. Thank goodness Thanksgiving only comes once each year...or does it? How many of you repeat the Thanksgiving feast with several days' worth of leftovers? A magazine survey found that 65% of people have had to loosen their belts or unbutton their pants after the big meal.

Did you know that in order to burn off that 3000 calorie meal, a person weighing 160 pounds would need to do one of the following?

- Run at a moderate pace for 4 hours
- Swim for 5 hours
- Or walk 30 miles!

However, that same magazine reader survey found that 8% of respondents said napping was their biggest non-eating Thanksgiving tradition! Why not get active this Thanksgiving by starting a new

### College Corner: Managing Finals Stress by Erika Chan

While the end of the year means the holidays for many, for college students it means time to study for finals! Don't let final exams stress you out! Here are some ways to keep your body and mind healthy, so you can ace your tests and get to celebrating!

**Snacking:** While it is tempting to eat while studying, this may not only detract from your focus on work, but can lead to overeating. Try studying in the library, where food is not allowed, or get rid of snacks in your room until after finals are over. Or instead, keep healthy snacks around, such as baby carrots, fruits, and trail mix.

**Physical Activity:** Take a break during your studies to take a walk, go for a jog, do yoga, or just sit outside and relax for a bit. Studies show that physical activity can increase cognitive function and academic focus.

**"Crunch" Time:** Crunchy foods release stress! Try

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custom? Remember, the family that exercises together, stays fit together!

### *Here are a few ideas to get more active this T-Day:*

- Skip the Macy's Day parade and sign-up for a local 5K that takes place on Thanksgiving morning. Grab your immediate family and any out-of-town house guests and hit the trails or pavement for some pre-meal calorie burn. Many Thanksgiving walk-a-thons and fun runs support local charities. Not only are you doing something healthy for your own body but you're helping out those in need.
- Don't forget to notify your guests that physical activity will be on this year's celebratory menu. This gives your guests the opportunity to wear comfortable clothes and shoes. Informing your friends ahead of time that you are going to be physically active will motivate you to follow through on the big day.
- Rather than serving up a bunch of appetizers, lead your guests on a brisk walk around the neighborhood before dinner. Chances are that you will feel so good after exercising that you will eat a little less and be motivated to make better food

choices.

- Get everyone up from the table between dinner and dessert. Don't head to the TV room; instead play some mildly active games like charades or twister. Did you know that you can burn up to 3 calories per minute just by laughing?
- Play like a kid again. Hold a hula-hoop contest or see who can jump rope the longest without missing a step. Give away silly, non-food prizes to all who participate.
- Take a break from your friends and family by sending them outdoors to play basketball or lawn bowling while you clean up the kitchen. Yes, cleaning does burn calories too!
- Switch out your slow dinner music for something with an upbeat tempo. Crank up the tunes and host a spontaneous dance party.

Have any of you successfully exercised on Thanksgiving Day? Email me (marymahoneyrd@comcast.net) and tell me about your active Thanksgiving traditions or the new activities you are going to incorporate into this year's festivities. I'd love to hear from you!

## Meet Guest Author, Erika Chan

Erika Chan is a 3rd year at UC Berkeley pursuing her B.S. in Nutritional Science with a focus on Dietetics. Although she loves educating others about how and why to make the correct food choices for their body, she also loves to cook, bake, and eat almost anything! She

hopes to become a Registered Dietitian after graduation, and someday open her own bakery. Erika provided the top notch tips on how to manage finals in this edition of *Nutrition Nibbles*. Watch for more articles from Erika in upcoming issues.

## College Corner continued...

snacking on baby carrots, nuts, and other (healthy!) crunchy foods to release tension.

### **Avoid Energy Drinks:**

Although an extra boost of energy might work for a short period of time, energy drinks are high in sugar and caffeine. This can lead to overstimulation, which actually decreases performance, and leads to an eventual crash in energy. If you need a pick-me-up, try green tea or moderate amounts of coffee to give you the kick you need.

**Eat Healthy:** If you eat healthy meals on a regular schedule (don't forget breakfast!), you will have enough energy to focus on your studies. Try to eat a balanced diet with nutrient-dense foods to keep your mind at peak performance.

**Sleep!:** Even though pulling an all-nighter may seem like a good idea, you will be more focused if you are well-rested.

Good luck!

# Healthy Holiday Party Strategies

**Don't let your holiday celebrations leave you heavy-hearted and tipping the scales. Learn some festive tactics to survive the season and stay on course with your health and weight goals.**

How many holiday parties do you attend between Halloween and the New Year? If you attend more than one celebration, this article is for you!

Did you know that the average American gains only about one pound during the holiday season? While that doesn't sound too bad, unfortunately most of us never lose that extra holiday baggage. Interestingly, people who are overweight to begin with end up gaining upwards of five pounds during the holiday season. The best strategy is to prevent that extra one to five pounds from ever making an appearance in the first place. Here are a few key strategies to survive this holiday season and ward off extra empty calories.

First, be realistic about your weight this holiday season. If you **MAINTAIN** your weight between Halloween and New Year's, you have successfully navigated through the season. Our primary focus during the holidays should be weight maintenance, **NOT** weight loss. Consider putting any aspirations of weight loss on hold until you've made it through the New Year. This bears repeating: **staying put on the scale is a huge success when opportunities abound to take in extra calories everywhere you turn.**

Before you even hit the buffet table at your next holiday party, there are a few strategies you can use to stay on a healthy track:

- 1. Drink plenty of water all day long.** When you're well hydrated, you'll experience fewer nagging feelings of hunger that can lead to overeating.
- 2. Don't arrive at the party hungry.** It can be tempting to "save" your calories for the celebration and not eat much beforehand. This strategy will backfire every time. Instead, start your day off with breakfast, eat regularly throughout the day, and have a small snack before heading to the party. You won't be overly hungry and can make smart choices at the buffet table later.
- 3. Do some pre-planning.** Write down your dietary goals before you hit the party. This will help you follow through on your good intentions. For example, you could plan to "Drink only one glass of champagne before switching to water" OR write "I will fill half my plate with vegetable-rich dishes."
- 4. Offer to bring a light, healthy dish for everyone at the party to enjoy.** This way there will be at least one thing you know is tasty and good for you.

Once you've arrived at your party, use these bulge battling strategies:

- Survey the entire buffet table before picking up a plate and making any selections. Scout out the lower calorie choices that include salads, fruits, vegetables, lean proteins, and whole grains.
- Only go through the buffet line ONCE.
- Don't deprive yourself but don't overdo it either. Leave room for one bite of each of your high calorie favorites; this is especially true for desserts. If the selection disappoints, leave it on your plate. Remember it is better to waste than to waist!

Last but not least, don't forget about the empty calories that can add up quite quickly from festive beverages:

- 4 ounces of wine has 100 calories
- 4 ounces of champagne has 80 calories
- 12 ounces of beer contains 110-150 calories
- 1 shot of hard liquor (1.5 ounces worth) is 100 calories
- 1 pomegranate martini has 225 calories
- 8 ounces of eggnog contains up to 350 calories!
- 8 ounces of hot apple cider has 120 calories on average
- 16 ounce peppermint mocha made with 2% milk and whipped cream contains 400 calories

Were you surprised to see how many calories your favorite beverage contains? There are 3500 calories in one pound of body fat. If you drink 5 cups of eggnog, 3 peppermint mochas, 2 pomegranate martinis, and one glass of champagne during the holiday season, you'll easily be up one pound on the scale by New Year's! And how many of you even know what 4 ounces of wine or champagne looks like? Try a little experiment. Take out your usual champagne flute, wine glass, or hot toddy mug. Using water, fill the glass with the amount you would usually pour. Then empty that glass or mug into a measuring cup to see how closely your intake matches the above numbers. You may be shocked to find that while you thought you drink only 8 ounces of eggnog at a time, it's really closer to 12 ounces or 525 calories. Keep from gulping down empty calories by alternating every alcoholic or calorie-rich beverage you drink with a tall glass of plain water.

There are many techniques you can use this holiday season, particularly at parties, to stay healthy and trim. What number one strategy will **YOU** use this season?