



Nutrition Nibbles

Survive Thrive This Holiday Season

Holiday FYI

Don't just survive the holiday season and all its festivities; thrive this winter with smart nutrition! Here are some of my favorite tips to make the most of your celebrations.

Tip #1: Lower your weight loss expectations. Focus on weight maintenance this season, NOT weight loss. There are 3500 calories in one pound of body fat. To keep excess calories at bay, keep track of your intake with a food diary (try the Lose It! app) and up your calorie output with exercise.

Tip #2: 'Tis the season to exercise. There are plenty of fun, seasonal ways to get your exercise this winter. Sign up for a turkey trot or jingle bell jog. Power shop instead of shopping online from your seat. Hike to cut down a Christmas tree. Get your friends together for an afternoon of ice skating or a day of skiing. Throw a Christmas caroling or progressive dinner party (hey, at least you're movin'!) Don't forget to fit fitness in whenever you can--carry on business conversations during a walk around the office parking lot, take the stairs whenever possible, speed walk through the airport terminal on your travel layover. Make a point to schedule exercise appointments with yourself--physical activity is more likely to

happen.

Tip #3: Start your engines. Begin your day with a healthy breakfast. To jumpstart your metabolism, eat your first meal of the day within one hour of waking. Aim for three food groups, including filling, fiber-rich fruit. To keep your engine running at high speed, eat every three to five hours based on hunger. Bonus: Staying on top of your hunger keeps you from overeating at holiday parties and office potlucks.

Tip #4: Plan and prepare for parties. Create a game plan ahead of time. Write down your dietary goals before the party—you're more likely to follow through with your plan. Bring (or prepare) a light, healthy dish for all to enjoy. When hitting the buffet line, scout out the lower calorie choices including green salads, fruits and vegetables, lean proteins, and whole grains. Follow this simple rule: nothing goes into your mouth without a fruit or vegetable too. Planning ahead helps you head off diet disaster (and tight pants)!

Tip #5: Eat, drink, and be moderate. Enjoy festive cocktails in moderation by alternating your alcohol intake with water. Drink a low calorie hot beverage, like plain coffee or tea,

We're heading into a season of celebrations, joy, gratitude, and...eating. Here's some fun trivia to open your eyes to the importance of enjoying your holidays without your holidays enjoying you!

- Did you know the average American child consumes upwards of 3500 calories worth of candy on Halloween night? That's the equivalent of one pound of body fat! How much of that Halloween candy is hanging around your office, home, or dorm room? Get rid of it! Eating just two additional pieces of candy each day adds up to an extra 500 calories over the course of one work week or more than 1/2 pound of weight gain per month.
- There are 3000 calories and 229 grams of fat in the average Thanksgiving meal. Someone weighing 160 pounds would have to run at a moderate pace for four hours, swim for five hours, OR walk 30 miles

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Thrive This Season continued...

AFTER dinner and BEFORE dessert to slow down your caloric intake. Don't forget the extra calories that are served up in fancy festive coffee drinks. Skip the whip, sub in nonfat milk, and skimp on the flavored syrups when ordering your beverage. Your best bet this season: water. Staying hydrated with water will keep you full and less likely to overindulge on other calorie-rich beverages.

Tip #6: Don't deprive yourself. Don't "save up" for the big meal either; you're more likely to overdo it! "Control splurge" with ONE seasonal favorite food and if your choice doesn't satisfy your palate, leave it on your plate. Remember, it's better to waste it than to waist it! Consider "try me bites"--a little nibble can go a long way. The first bite or two of a dish usually tastes the best anyway. Consider an attitude switch this season from "I want that food but I can't have it" to "I can have that food but I don't want it." Mindset can make the difference between feeling deprived and feeling empowered.

Tip #7: Don't take a break from healthy behaviors this season. In addition to exercise, keep up with the habits that have already brought you much success, like watching your portions. Pay attention to the number of servings your recipe prepares. Continue reading food labels, looking for key health words including low-fat, non-fat, low sodium, and high fiber. Healthy routines save your waistline and the amount of work you have to do after the New Year to get back in shape!

Tip #8: Bake yourself skinny. If you absolutely have to bake some

holiday goodies, try substituting applesauce for at least half of the oil in baked good recipes. Use egg whites in place of whole eggs. Mix half whole wheat flour into your desserts. Substitute 1% or nonfat milk in place of cream or whole milk. Serve sweet treats that are fruit-based. Modifying your recipes ensures that you can have your cake and eat it too!

Tip #9: Don't leave the party behind. Remove bowls and platters from the serving table--you're less likely to go back for seconds or thirds. Have extra Tupperware ready to freeze leftovers. Give away the "not-so-healthy" --send your guests home with doggy bags of yummy foods. Remember, 'tis better to give (away) than to receive!

Tip #10: Give the gift of health. Chances are your friends have health goals too. Honor their wellbeing by giving away pedometers, healthy meal planning subscriptions (check out thescramble.com), and healthy magazine subscriptions. Your friends and family take gift-giving cues from you. If you don't want to end up with gourmet gift baskets filled with chocolate, don't give them (unless you're trying to re-gift the temptation). Instead of giving sweets and cookies, give away non-food items like plants, ornaments, candles, or donations to charity.

If all else fails, remember that tomorrow is a new day and another opportunity to make better, more nutritious choices that support your health goals. I wish you all the best this holiday season!

Holiday FYI continued...

to burn off the 3,000 calories consumed on T-Day!

- The U.S. produces 1.76 billion candy canes each year! Laid end to end, that's 167,000 sweet miles or enough candy canes to circle the equator 6.7 times. Someone's eating all those candy canes...is it you?!
- The typical American gains between one and four pounds between Halloween and New Year's. Unfortunately, he or she doesn't usually lose that extra weight during the course of the year and this extra holiday weight takes up permanent residence around a person's middle.

Don't let this holiday season get the best of you! Use this edition of **Nutrition Nibbles** to develop a game plan for a successful season filled with good health, fun times, and delicious nourishment.

