SURVIVING THE HOLIDAYS

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Healthy Holiday Eating tips

- The average American gains 5-7lbs between Thanksgiving and New Years.
- If you follow these easy diet-tips you won't gain one single pound!!

Fun fact: average Thanksgiving meal can be 5000 - 8000 calories.
Holiday tips:

- **Don’t go to a party hungry:** we eat faster and more food when hungry. Eat ‘light’ snack ½ hr before.

- **Watch your portions:** go for small portions. Sample with small plate. You can always go back later.

- **Limit ‘high-fat’ items:** Make a conscious choice to only have 2 ‘high-fat’ treats.

- **Drink plenty water:** Try sparkling water with fresh lime. Alcohol and coffee can dehydrate you.

- **Stuff the turkey, not yourself:** Pick two of your favorite items. Don’t have to try every item on the table.
Holiday tips (cont.)

- Have more white meat than dark meat/wings. Wings have most fat and skin. White meat is leanest.
  
  *This turkey tip saves 250 calories.*

- **Can the cream:** Folks douse their vegetables in cream. Try keep green veggies as is, like crispy green beans, vs. creamed spinach. Keep sweet potatoes roasted vs. candied. This will keep your holiday table ‘balanced’ and nutrient-rich.

- **Toss tradition:** try low-fat condensed milk and graham cracker-crust for your pumpkin pie. This pumpkin pie vs. pecan pie saves you 300-calories.

- **One ladle gravy vs.** 3 ladles saves another 400-calories.
Enjoy the holidays minus the guilt!

- Savor the season: If your aunt making your favorite cookies, have two. Really enjoy them. Look over the entire buffet and pick your favorite holiday treat. Don’t waste calories on foods you don’t care about.

- Stuffing with chicken broth vs. butter saves 200 calories and keeps it moist.

- Gravy: canned gravy only has 2 grams fat. Home made (from drippings) has triple the fat.
Recipe guidelines:

- **Mashed potatoes**: using evaporated milk or low-fat milk (or grated cheese) provides ton of flavor and half the fat. Or ‘new’ organic fat-free half n half .. rocks!

- **Whip cream**: try low-fat whip cream or low-fat vanilla ice cream with your pie. Yummy!

- **Green bean casserole tip**: use low-fat crm. mushroom soup and 1% milk. Delicious! 125 calories vs. 200 calories.

- **Cakes**: Try using Splenda in your baking recipes. Save 400-calories each slice by this method. Only sugar-sub that you can bake with.

- **De-fatten eggs**: try one egg with 2 egg whites.
Alcohol and holidays:

- **Easy on eggnog**: Alternate with sparkling water. Or, buy delicious low-fat eggnog or ‘soynog’. (Traditional eggnog is all egg yolks and cream...).

- **Cocktails**: instead of beer, Kahlua or Baileys, try dry white wine: 110 calories vs. 350 calories.

- **Remember**: alcohol calories tend to be stored in abdomen and increases your body fat (thus belly fat).
Key holiday strategies:

* **Have a plan B**: forget about perfect diet, workouts, and normal routines. Expect to be confronted with tempting foods and try to squeeze in quick workout before/after work. Always have healthy snack on hand before going to that holiday office party. (bananas are quick, easy and 90-cals).

- **Food Journals**: studies show when people keep a food journal, even during holidays, there is accountability and it keeps you focused.

* **Move away from buffet table**: stay 2 ft away from buffet table after eating. If you are arms length, you will continue to eat long after you are full. If you linger, you pick pick pick........
Festive Fitness:

- **Fitness activities:** try to create festivities that don’t always revolve around food. A tree-lighting ceremony, ice-skating, and sledding are holiday favorites.

- **Aerobics holiday-classes:** many local gyms offer classes that benefit local charities this time of year.

- Schedule 30-min vs. 60-minute workout. (300-cals)

- Remember 300 calories burned is better than zero.

- If you simply don’t have time for your usual class, try the 30-minute spinning class or other quickie **workout.** Check out Zumba at your local gym or brisk outside walk!
Save the day by saving 3000 calories!

- Dark meat vs. white meat: turkey
- One cup stuffing/chix broth
- 3 ladles gravy vs. 1 ladle gravy
- ½ cup oil for desserts/sub. 1/2c. applesauce
- 4 ounces cheddar cheese/4 oz low-fat cheddar cheese
- One cup walnuts vs. 1/2c. walnuts
- One slice pecan pie vs. pumpkin
- One glass eggnog vs. 3 oz white wine

- Calories/Fat saved:
  - 120 calories/10 grams
  - 200 calories/30 grams
  - 750 calories/40 grams
  - 910 calories/110 grams
  - 170 calories/25 grams
  - 400 calories/37 grams
  - 300 calories/25 grams
  - 300 calories/20 grams
Winning formula to prevent weight gain over holidays!

- Increase walking routine or workouts weeks prior to holidays and if possible, the day of the feast.

- Eat a light meal hours before the holiday dinner. This controls your appetite.

Ex: Try whole-grain cereal in a.m. with 1% milk. Don’t starve yourself all day, this will result in binging. Protein and fiber take the ‘edge’ off.
Mindfulness and spirit are the key.

- Keep in mind: holidays are connecting with loved ones and helping those in need.

- Hot fluids: tea can help thin out mucus secretions and keep colds at bay.

- Rub on hand sanitizer. Using public transportation to malls, escalators, restrooms, etc. can expose us to more germs.

- Take one-a-day vitamin and extra zinc, C.

- Get extra sleep whenever possible. Sleep is number one in boosting our immunity.
Keep the body toxin-free:

- Drink plenty of fluids. Even on shopping days. Plenty of water (and exercise; sweat) helps to detoxify our bodies.
- Try meditation or hatha yoga for deep relaxation or get a massage!
- Before a party, drink fluids all day to stay hydrated. When at the party, drink sensibly (and never drive!).
BEST DIET TIPS!

- Even though its holidays, try daily to get:
  - 2 servings protein (at least 6-8 ozs/day)
  - 3 fruits/day
  - 3-5 veggies per day
  - Whole-grain carbs at every meal for energy
  - Low-fat dairy 2-3 servings/day
  - Heart-healthy fats (nuts, olive oil)
  - Multi-vitamin with iron daily.
Holiday Survival Summary:

- Enjoy this time of the year.
- Don’t stress.
- It's about family and friends, not the food.
- Don’t have expectations.
- No expectations x flexibility=peacefulness.
- Everyone’s intentions are good...........

- Have any nutrition questions, or need advice, contact Joanne VIA your:
  HARVARD PILGRIM REP