



Strategies For a Happy and Healthy Holiday Season

Presented By



Today We Will Cover...

- The “Do’s and Dont’s” of a healthy holiday season
- Strategies to reach and maintain good health
- Tips for being a healthy (but still fun!) host/hostess
- Safety tips for the holidays



Did You Know...



- **What is the average weight gain for Americans between Thanksgiving and New Years?**
 - For someone of a “healthy” weight? 1 pound
 - For someone already overweight? 5 pounds
- **Which has more calories (foods in red have more calories and fat)**
 - 8 oz. Egg Nog vs. tall **Starbucks mocha latte with whole milk**
 - **Prime rib** vs. Cornish Hen
 - **Red wine** vs. Champagne
 - Guacamole vs. **Ranch Dressing**
 - **1 stuffed mushroom** vs. 1 large shrimp with cocktail sauce



Why Does It Matter?

- Most people don't lose the weight they gain over the holidays
- An imbalanced diet can lead to
 - Decreased energy levels
 - Depressed mood
 - Interrupted sleep
 - Weight gain
- Adapt new healthy behaviors that last longer than the holidays
- Mindless holiday habits can be very difficult to break
- Small choices add up over time



Holiday Preparation: What Not To Do

- Set unrealistic goals or no goals at all
- Get into an all or nothing mentality
- Feel defeated before the holidays start
- Be in denial about potential road blocks to making healthy choices
- Don't have "tempting" foods in the house
 - Stay on track at home to give you more room to "splurge" when you are at gathering



Holiday Preparation: What To Do

- Set realistic goals
- Establish accountability
 - Keep a food diary with a friend
 - Weigh yourself once or twice a week
- Don't over commit to plans
- Be the one to host the party so you can control food choices
- Plan your splurges
 - Don't indulge everyday



Strategies For Healthy Gatherings

- Most people struggle with staying on track due to social gatherings
 - These habits can easily spill over into every day eating
- Follow 7 strategies to achieve the following:
 - Stay disciplined with your food/drink choices during social events
 - Prevent weight gain
 - Keep you out of the “sugar cycle”
 - Boost immunity



Strategy #1: Reach For Natural Appetite Suppressants

■ Mineral Rich Sweeteners

- Fresh fruit, maple syrup, honey, 70% dark chocolate

■ High Fiber Carbohydrates

- Sweet potatoes, vegetables, whole grains, beans

■ Mindful Drinking

- 2:1 rule, fill up on water, avoid sweet mixers, don't drink alcohol 3 hours before bed

■ Fresh is Best

■ Don't Underestimate: sleep, exercise, and stress management



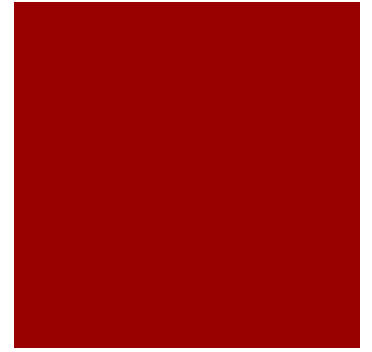
Strategy #2: Limit Appetite Stimulants

- **“Refined” Sugar:** *Candies, baked goods, milk chocolate, etc.*
- **“White” Starches:** *White potatoes/bread/rice/crackers/biscuits, etc.*
- **Alcohol or Other Liquid Calories**
- **Fried Foods:** *Foods containing the words “crispy,” “golden,” or “battered”*
- **Salty Foods:** *>200 mg salt on label, chips, packaged snack food, pre made dishes, frozen/canned foods, fried foods*
- **Other:** *Artificial sweeteners, lack of sleep, skipping meals, mineral deficiencies, “trigger” situations, social gatherings*



Example of Appetite Suppressants vs. Appetite Stimulants

- Fresh steamed green beans vs. high salt green bean casserole made with white flour
- Dark chocolate dip with fresh fruit vs. cupcakes
- Hummus or Guacamole and veggies vs. pretzels and dip
- Homemade stuffing vs. boxed stuffing
- Baked sweet potatoes vs. mashed white potatoes (no fiber)
- Fresh citrus and seltzer spritzer vs. cocktails



Strategy #3: Minimize Your Liquid Sugar Intake

- Juice and alcohol are stored as fat
- Sugar can suppress immunity
- Liquid calories decrease bulk in GI tract → lead to increased hunger
- Choose a “mocktail” vs. a cocktail
- Strategies if you are going to have a drink
 - 2:1 Rule
 - Choose clear liquors and mix with club soda and citrus
 - Avoid drinking 3 hours before bed
 - Always drink with food- protein and complex carb



Are Holiday Beverages Worth It?!



Strategy #4: Consume Protein at Each Meal/Snack

- Protein promotes satiety
- Leads to less food cravings
- Examples of protein:
 - Red meat: steak, ground beef
 - Milk, kefir, or yogurt
 - White meat: chicken, turkey, pork
 - Fish/seafood
 - Eggs
 - Legumes/Beans
 - Nuts and seeds



Strategy #5: Don't Let Yourself Get "Over Hungry"



- Low blood sugar leads to excessive sugar and carb intake
- Have a snack before a gathering
 - Smoothie
 - Protein bar
 - Fruits and veggies
 - Small salad with chicken
- Have healthy snacks on hand
- Honor the hunger scale



Strategy #6: Consume Daily Healthy “Boost” Foods

- Promotes the filtering of toxins you do take in
 - Green veggies, carrots, beets, etc.
 - Berries, lemon, grapefruits, kiwis, pomegranates
- Go for a whole foods based smoothies each day
- Consume extra water with lemon
- Consider a Green Foods and Fish Oil Supplement
- Have veggies at each meal and snack



Strategy #7: Don't Ignore The "Everyday Basics"

■ Sleep

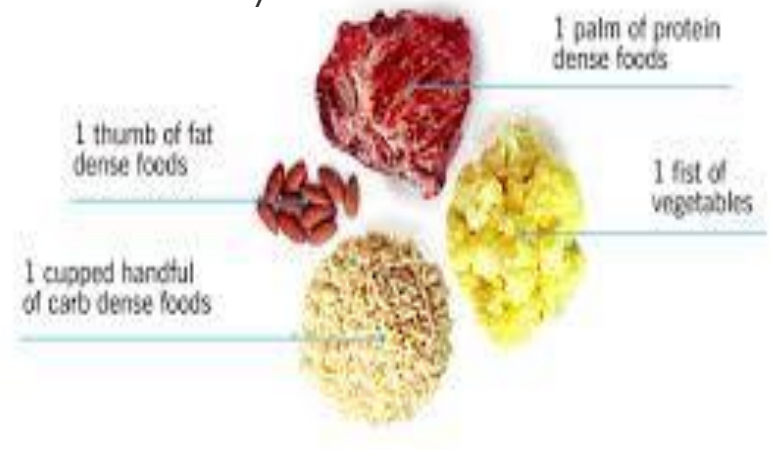
- Fights off food cravings
- Helps to prevent weight gain

- **Exercise**, some studies have shown getting a workout early in the day boosts energy and reduces appetite

■ Mindful Eating

■ Portions

- Protein: Size of your palm
- Fruits and veggies: 1-2 cups per meal
- Grains/starchy veggies: ½ cup
- Fat: 1 Tbsp
- If still hungry: wait 15 min then go back for protein/veggies



Healthier Party Habits

- Offer to bring a food
- Fill up on “bulk foods” first
 - Eat 1-2 servings of veggies before the rest of the meal
 - Go immediately for the veggies or protein
- Stand away from the food table/buffet
 - Only go back to table once
 - Usually a small portion satisfies a craving
 - Have water between helpings to keep you full
- Engage in a “non food” activities
- Use a small plates. Some studies have shown that a larger plate will results in more calories consumed.



Healthy Host/Hostess Guide

- Remember to take care of yourself! That means getting enough sleep and eating healthy snacks to keep you going.
- Don't let guests drink and drive. If alcohol will be served at your party remind guests ahead of time to have a safe way home.
- Provide bright fun healthy options. Presentation matters.
- Shrink the desserts. Desserts are part of the holidays so don't skip them just shrink them by offering smaller portions.
- Don't forget to wash your hands frequently when preparing food *and* between greeting guests.



And Don't Forget Food Safety Rules...

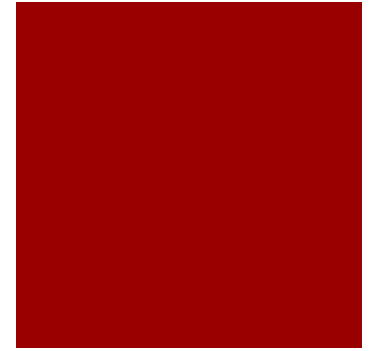


Practice Fire Safety

According to the CDC, “Most residential fires occur during the winter months, so don’t leave fireplaces, space heaters, food cooking on stoves, or candles unattended. Have an emergency plan and practice it regularly”.



Finally.....



- Take extra time to get places so you don't feel rushed.
- Take some time to remember the things for which you are grateful .
- Enjoy the holidays try not to just survive the holidays.



Thank you for your time!



Happy Holidays!

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