



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
- Safety tips for the holidays
- Healthy substitutes



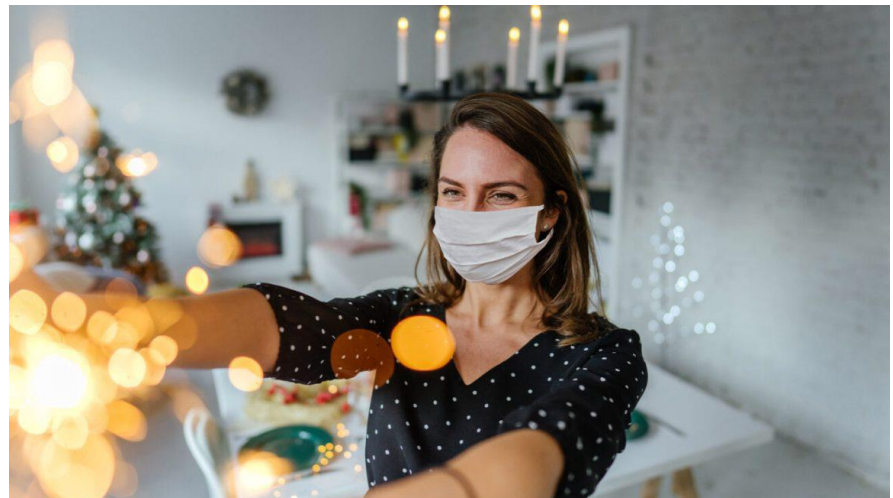
Did You Know...

- **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



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 hours before bed

- **Fresh is Best**

- **Don't Underestimate: sleep, exercise, and stress management**



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



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



Try and Consume Protein at Each Meal/Snack

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



Try keeping a serving of nuts at your desk for when you are hungry but can't get away.



Don't Let Yourself Get “Overly 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



Keep Healthy Snacks at the Ready



- Green veggies, carrots, beets, etc.
- Berries, lemon, grapefruits, kiwis, pomegranates
- Easy to pack and easy to eat: apples, oranges, and bananas.
- Healthy Green Smoothies



Don't Ignore The “Everyday Basics”

- **Portions**

- Protein: Size of your palm
- Fruits and veggies: 1-2 cups per meal
- Grains/starchy veggies: $\frac{1}{2}$ cup
- Fat: 1 Tbsp



- **If still hungry: wait 15 min then go back for protein/veggies**



Healthier Party Habits

- Offer to bring a food and bring something healthy
- 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 Substitutes for Favorite Recipes

Cauliflower

Nutritional benefits of cauliflower

1 cup(raw) portion contains approximately:

24 calories

2g protein

3.5g carbohydrates

1.4g fiber

0.3g fat

202mg potassium

14mg calcium

44mcg folate

45mg vit C

Also:

A source of antioxidants

Cauliflower is a [heart-friendly](#) vegetable thanks to a plant compound called sulforaphane

Source: [BBC Good Food](#)



Healthy Substitutes for Favorite Recipes: Applesauce

Health Benefits

In 1 cup of unsweetened applesauce, you'll find the following nutrients:

- Calories: 103.
- Protein: 0.4 grams.
- Fat: 0.2 grams.
- Carbohydrates: 27 grams.
- Fiber: 2.7 grams.
- Sugar: 23 grams.

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to reduce your risk of cancer, diabetes, and heart disease. Making fresh applesauce using the whole fruit, including the skin, helps to ensure that you get the most antioxidants possible.





Build a Better Recipe: Ingredient Substitutions

Instead of...	Use...
Regular ground beef or pork sausage	Ground turkey breast (breast meat only, lean, no skin)
Regular cheese	Fat-free or low-fat cheese (less than two grams of fat per ounce)
Sour cream	Low-fat or nonfat sour cream, or plain, nonfat yogurt (except for in baked goods - don't use nonfat sour cream, it makes it too watery)
Margarine, oil, or butter	Low-fat or fat-free margarine or vegetable oil spray; use nonstick pans
Chocolate	Cocoa powder plus a small amount of low-fat margarine (see cocoa powder box for guidelines)
Pork or bacon fat to season foods	Small amount of trimmed pork loin chop, extra lean trimmed ham, or turkey ham
Cream-based soup	Fat-free milk-based soups, mashed potato flakes, pureed carrots, or tofu for thickening agents
Evaporated milk	Evaporated skim milk
Whole egg	Two egg whites, $\frac{1}{4}$ cup egg substitute
Regular mayonnaise or salad dressing	Nonfat or low-fat mayonnaise or salad dressing, nonfat or low-fat plain yogurt
Whole milk or heavy cream	Skim, 1%, or canned skim milk

Tips for baked goods:

Don't:

- ✓ Use oil instead of butter
- ✓ Use diet, whipped, or tub margarine instead of regular butter

Instead:

- ✓ Try cutting the amount of margarine/butter **by a third or a half**
- ✓ **Replace** the margarine/butter with the same amount of unsweetened applesauce, pureed prunes, or mashed banana

Remember that these recipes may still be high in calories, so eat in moderation.

And Don't Forget Food

Food Safety Tips

1. Clean:

The first rule of safe food preparation!

2. Separate:

Don't give bacteria a chance to spread!

3. Cook:

Kill harmful bacteria!

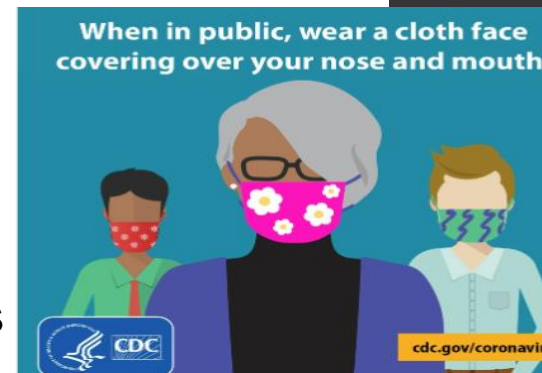
4. Chill:

Refrigerate foods quickly!



Covid-19 Safety

- Protect those not yet eligible for vaccination such as young children, get yourself and other eligible people around them vaccinated. **Including a booster!**
- Wear well-fitting masks over your nose and mouth if you are in public indoor settings if you are not fully vaccinated.
- Even those who are fully vaccinated should wear a mask in public indoor settings
- Outdoors is safer than indoors.
- Avoid crowded, poorly ventilated spaces.
- If sick or have symptoms, don't host or attend gatherings
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- Get [tested](#) if you have symptoms of COVID-19 or have a close contact with someone who has COVID-19.



Covid-19 Safety continued

- Considering traveling for a holiday or event? Visit CDC's [Travel](#) page to help you decide what is best for you and your family. CDC still recommends delaying travel until you are [fully vaccinated](#).
- If you are not fully vaccinated and must [travel](#), follow CDC's [domestic travel](#) or [international travel](#) recommendations for unvaccinated people.
- If you will be traveling in a group or family with unvaccinated people, choose safer travel options.
- Everyone, even people who are fully vaccinated, is [required to wear a mask](#) on public transportation and follow [international travel recommendations](#).



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.



Recipes

- [Moist Applesauce Bundt Cake](#)
- [Cauliflower “Mac”-N-Cheese](#)
- [Cauliflower “Potato” Salad](#)

Thank you for your time!

Happy Holidays!

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