

6 Strategies for Healthy Holidays



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Healthy Holidays



- Unhealthy options and opportunities to overeat are plentiful during the holiday season
- Holidays come year after year so come up with strategies to avoid that holiday bulge
- Think of each holiday as just that a *holiday*, not a *holiweek* or *holimonth*



1. Stay Mindful



- Don't arrive starving
- SLOW DOWN, be the last to finish
- Leave the table when you are done
- Enjoy and savor your favorite dish
 - Have a moderate portion
 - Don't have seconds
- The first bite or two is always the best
- If you don't love it, don't eat it



1. Stay Mindful



- Listen to your body instead of external cues
- Special foods will be even more special when you eat them mindfully
 - Focus on the appearance and flavors of the food, the other people, and the reason you are together
- The holidays will be back in 11-12 short months
- You can always have turkey and green bean casserole in July if you want



2. Be a Healthy Host



- Offer lower-calorie, nutrient-dense dishes too
- Serve smaller portions, ie. Mini muffins, smaller cookies vs. large ones, double cut pies
- Modify your recipes to increase nutrient density & reduce calories and fat



Modifying Recipes



- **Reduce**
 - Cut down on high fat and sugary ingredients called for in your recipes
- **Eliminate**
 - Choose to leave out non-essential ingredients
 - Do you need the extra butter, oil, cheese, salt, or sugar?
- **Substitute**
 - Replace high-calorie or high-fat ingredients



Broccoli Casserole – Redone

Recipe calls for:	Substitute with:	Fat grams saved:	Calories saved:
2 eggs	4 egg whites	10	90
Chopped broccoli	N/A		
6 oz. sharp cheddar	4 oz. low-fat sharp cheddar	36	324
1 can cream soup	1 can reduced-fat cream soup	17	153
3/4 cup mayonnaise	3/4 cup low-fat mayonnaise	72	648
1 medium chopped onion	N/A		
1/2 cup crushed butter crackers	1/2 cup dry, seasoned bread crumbs	10	90
TOTAL		145	1305

Other Substitution Ideas



Instead of:	Try:
1 cup shortening	$\frac{3}{4}$ cup oil or healthy margarine
1 egg	1 egg white + 2 teaspoons canola oil
Oil for pan sauté	Wine, sherry, vinegar, broth, tomato, lime or lemon juice, skim milk, water, hot pepper sauce
All-purpose flour	Equal parts all-purpose and whole-wheat flour
Processed cheese	Reduced-fat cheese, part-skim mozzarella, provolone
Mayonnaise	Fat-free sour cream, yogurt, or cottage cheese (or substitute for half)
Sugar	Splenda
Salt	Garlic, onion, herbs, spices, lemon pepper, Mrs. Dash

3. Be a Good Guest



- Don't take leftovers home
- Offer to bring deliciously nutrient-dense lower calorie dishes
- Some healthy appetizer ideas:
 - Vegetable platter with homemade dip
 - A colorful fruit platter made with nonfat yogurt blended with a bit of cool whip
 - Whole wheat pita and veggies with hummus
 - Baked tortilla chips with salsa



4. Stay Active



- Exercise is a great stress reliever
- Take a walk before and after the meal
- Participate in the Turkey Trot or Jingle Bell Run
- Keep your workouts a priority over the holidays
- Don't have time for your usual 30 minutes or an hour, break it up



5. Be in Control at Holiday Parties



- Don't hang out by the hors d'oeuvres
- Little pre-meal munchies add up quickly

4 crackers with 1/2 ounce soft cheese

3 bunches of grapes

3 handfuls of mixed nuts

2 glasses of wine

1 handful M & Ms with nuts

2 pieces of broccoli with

1 Tbsp cream cheese dip



Total:

1209

calories &

60 g fat



5. Be in Control at Holiday Parties



- Pass on any fried or high fat appetizers
- Do a quick once over of the food before you fill your plate
- Plan ahead to focus on socializing or dancing, etc. and not just the food



6. Beware of Liquid Calories



- Liquid calories can add up quickly

Beverage	Serving Size	Calories
Beer	12 oz	160
Light Beer	12 oz	100
Red Wine	4 oz	85
White Wine	4 oz	80
Wine Cooler	8 oz	120
Margarita	9 oz	410
Egg nog	8 oz	400
Starbucks Peppermint Mocha Coffee	16 oz	470 (22 g fat, 13 g sat fat)



6. Beware of Liquid Calories



- Some other under 200 calorie drink options
 - Martini
 - Mojito
 - Champagne
- Aside from calories, alcohol also lowers inhibitions
- Don't drink on an empty stomach
- Rotate water and spritzer for every other drink
- Plan ahead for how much you want to drink



6 Strategies to Healthy Holidays



1. Stay Mindful
2. Be a Healthy Host
3. Be a Good Guest
4. Stay Active
5. Be in Control at Holiday Parties
6. Beware of Liquid Calories



Healthy Holidays



- It's not what we eat on one or two days out of the year that adds pounds
- If you overindulge, don't throw in the towel
 - Fit in a tough workout the next day or two
 - Cut back and eat more vegetables your next few meals
- Envision yourself in January feeling great and having thoroughly enjoyed the holidays without gaining a pound
- Drop the guilt and enjoy your holidays!



*Happy
Holidays*

