

Maintain Don't Gain With Healthy Holiday Eating

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November 2012

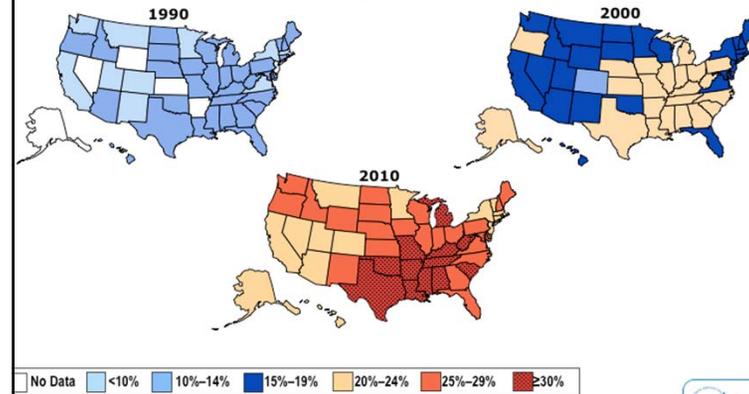


The average American gains between 1 and 5 pounds during the holiday season.....

Most never take it off.

Obesity Trends* Among U.S. Adults BRFSS, 1990, 2000, 2010

(*BMI ≥ 30 , or about 30 lbs. overweight for 5'4" person)



Source: Behavioral Risk Factor Surveillance System, CDC.

Holidays are “Perfect Recipe” for weight gain

More available food and drinks

(Holiday parties, Dining out, Treats around home and office)

+

Moving less

(Cold weather, Dark early, Busy schedule)

+

Stress!!!!

So how do we fight the holiday bulge?

1. Be aware of how much we eat
2. Make healthy food choices
3. Move!!
4. Learn to manage holiday stress

Be aware of how much we eat!!



What influences our calorie intake?

- Many subtle clues and unconscious thoughts influence our eating
- Several eating types or “danger zones”
 - Most of us fall into at least one or two
 - Holidays can cause us to fall into more or all

Eating “danger zones”

Meal Stuffer – eat mostly during mealtimes but to excess. Often clean plate and go back for seconds, eating so quickly they end up uncomfortably full

Restaurant Indulger – frequently dines outside the home

Snack Grazer – reach for whatever food is available, convenience usually more important than taste. More from habit than hunger.

Party Binger – often in high-distraction environments where food is the background for business or fun (buffets, receptions, tailgates, happy hours)

Tips for eating at holiday meals

- Follow the ½ plate rule – half plate vegetables!
- Wait 20 minutes until going back for more
- Get in habit of leaving at least one bite on plate
- Substitute fruit for dessert

Tips for dining at home

- Choose smaller plates
- Avoid “family style” dining
 - Pre-plate high calorie items in kitchen and leave there
 - Only keep low-calorie vegetable dishes on table
- Freeze or give away left-over's
- Control the environment
 - Slow down eating pace with classical or slow tempo music
 - Avoid distractions – turn off the TV, shut the computer, put away the paper

Size matters.....

TT



Tips for dining at restaurants

- Ask the server for help
 - Request ½ meal be pre-wrapped in to-go box
 - Decline bread be brought to table
- Be savvy with your order
 - Order dressings, creams, sauces on side if at all
 - Watch for menu items indicating high fat/calorie foods: creamed, crispy, breaded, tempura, fritters, Alfredo, au gratin, au beurre, batter-dipped, béarnaise
 - Choose grilled, steamed, baked broiled
- Watch the drinks!
 - Try water, diet sodas or wine-spritzers

Tips for avoiding snacking

- Keep the junk food out!
 - If can not keep out of office/home, keep out of sight in opaque containers or tucked away
- Keep healthy options visible and ready
- Never eat directly from the package
 - Pre-portion out an appropriate serving and take it to sit down, eat, and enjoy

Tips for eating at holiday parties

- Choose a smaller plate
- Eat before you go
- Use the volume approach
 - Fill up on the low-calorie, high-fiber vegetables first
- Be choosy
 - Survey the spread before you load up and only choose the things you like the most
- To the two-item method
 - Put only 2 items on your plate each food table trip
- Keep food far away
 - Across the room is ideal but at least an arms length

Make healthy food choices!!



Veg out

- **Fruits & Vegetables** = 1/3 the calories of protein and starches
 - Considered free (0 points) on new Weight Watchers



- Plant foods contain **phytonutrients** = powerful cancer fighting and health promoting nutrients
 - Include fruits, vegetables, whole grains, nuts, seeds, beans, and legumes

Phytonutrients

(aka phytochemicals)



- Give plants distinctive color, smell, taste

- Provide MANY health benefits
 - Especially for fighting cancer and heart disease



From the AICR (American Institute for Cancer Research)



Traditional American Plate



Transitional Plate



New American Plate

Super Holiday Foods

Phytonutrient Rich Holiday Favorites



Cranberries

(anthocyanidins)

- Anti-bacterial
 - Prevents urinary tract infections
- High in vitamin C, fiber & antioxidants = all potent cancer fighters!
- Lowers LDL “bad” cholesterol and protects against heart disease
- Choose fresh, dried or unsweetened juice!



Pumpkins

(carotenoids)

- Prevents DNA damage and protects against many cancers
 - Especially lung
- Also protective against heart disease and diabetes
- Great low-calorie substitution for fats in holiday recipes!



Citrus Fruits

(polyphenols, terpenes, hesperidin)

- High in vitamin C
 - Strengthens immune system & combats stress
- Fight cancers in numerous ways
 - Especially cancers of digestive tract
- Even the peel is healthy!
 - Contains anti-inflammatory and cholesterol lowering phytonutrients
- Add grated orange or lemon zest to baked goods and holiday recipes for extra flavor and health!



Greens

(beta-carotene, lutein)

- Rich in calcium, folate, magnesium, vitamin K
- Reduce risk of cancer and heart disease
- Good for eye health
 - Contains phytonutrients which protect against macular degeneration
- Spruce up dishes by adding chopped greens to casseroles, meatloaf/meatball mixtures, mashed potatoes



Figs

(polyphenols)



- Rich in potassium, fiber and vitamin B6
 - Improves cardiovascular health
 - Alleviates constipation & PMS symptoms
- Phytonutrients strong Antioxidants
 - Protective for many cancers and heart disease
- Can go with savory and sweet dishes!
 - Add to grilled meats, poultry and salads
 - Add to granola, ice cream, cookie dough

Onions/Garlic

(allicin, sulfides)



- Potent cancer fighters!
 - Especially stomach cancer
- Anti-bacterial and anti-fungal properties
- Helps prevent blood clotting
- To maximize benefits, enzymes need to be released from cell walls and activated
 - Chop, dice or mince before cooking
 - Need to wait 10 minutes for enzymes to be fully activated so not destroyed by heat

Don't forget the herbs

• Rosemary

- Strong cancer fighting & anti-inflammatory properties
- Boosts immune system, digestion, cardiovascular health
- Add to dough or as a marinade for meat & poultry



• Thyme

- Lowers cancer/heart disease risk
- Improves brain function
- Add to soups, stews, vegetables, poultry or fish!



and spices.....

• Cinnamon

- Anti-oxidant, anti-bacterial & anti-microbial properties
- May help lower blood sugar
- Can add to savory foods (soups, stews, chili) or sweets (desserts, cocoa, yogurts)



• Nutmeg

- Prevents blood clots, improves immune system, anti-bacterial & anti-diarrheal
- Matches well with spinach, green beans, carrots, sweet potatoes



Get creative with cooking



- Simple cooking techniques and recipe substitutions can cut 100's of calories from your diet
- Adding vegetables to dishes lowers calories while boosting nutritional value
- Spice it up!
- See healthy cooking tips handout for more info!

Move!!



Benefits of getting into shape:

- **Improved immune Function**, means less likely to get sick from random cold passed by co workers
- **Stronger Bones**, This will matter even more as we get older
- **Calorie Burning Without Trying**, your metabolism will become more efficient, as stronger muscles are more dense, they require more calories.
- **Glowing Skin**, Regular workouts increase overall circulation and the skin's natural ability to produce collagen, a natural skin plumper
- **Brighter Days**, Studies show that regular exercise also combats depression. Endorphins are the body's natural "happy chemicals"

How much is enough?

- Benefits seen with as little as 30 minutes a day
- Harder is not always better
 - Moderate physical activity (i.e. brisk walk) offers mostly the same benefits as intense aerobic activity
 - Less likely to get injured or "burn out"
- Does NOT have to be all at once
 - Studies show it is the cumulative workout minutes that count
 - 5-10 minute activity bursts throughout the day great way to reach fitness goals



Ideas to get moving

- Park further away from the door
- Use the stairs whenever possible
- Cleaning counts
 - Try putting headphones to get into the job and keep your heart rate up
- Dance!
- Get outside
 - Sled with the kids
 - Go for a walk in the woods
 - Fresh air (as little as 5 minutes/day) provides extra mood boosting benefits
- Take a break and stretch at the top of every hour



Learn to manage holiday stress

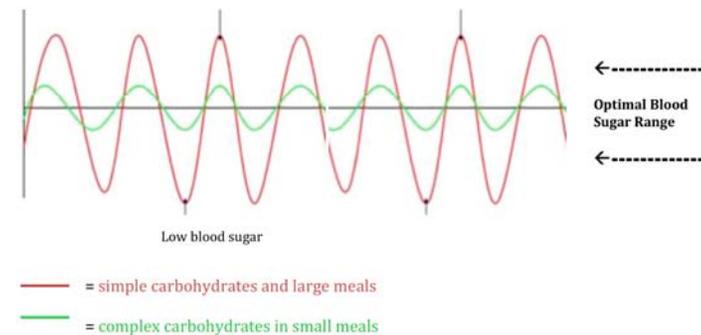


Manage stress with nutrition

- Keeping good control of blood sugar
- Eating certain foods known to be “stress busters”
- Avoid foods that make stress effects worse: sugar, caffeine, and alcohol

Controlling blood sugar

Blood Sugar



Carbohydrates

Simple Carbohydrates: (AVOID)

white bread, white pasta, white rice
pasta
soda, fruit juice
millet, barely
candy, sugar, sugary foods
cake, cookies, donuts, sweets

Complex Carbohydrates: (EAT every 2-3 hours)

whole wheat bread, whole wheat
brown or wild rice, quinoa,
fruits, vegetables, beans, lentils
oats, oatmeal, whole grain cereal

Stress busting foods

- Complex carbohydrates
- Vitamin C foods
- Fatty fish
- Milk
- Nuts
- Decaffeinated tea



Other ways to reduce stress

- Get outside
- Take 5 minutes to focus on breathing
- Get enough sleep (8 hours optimal)
- Take a yoga or meditation class
- Download a relaxation podcast
- Take a bath
- Read a book
- Simplify life!

What else can I do stop holiday weight gain?



Track your progress!

- Best predictor of weight loss success is frequency of tracking food intake
 - Results of National Weight Registry studies
 - Looking at people who lost 60+ pounds and kept it off for 5+ years
- The “Maintain Don’t Gain” challenge allows you to track food intake and activity
 - Makes you aware of what you are eating and how much you are moving
 - Allows you to set goals and be accountable

A little goes a long way...

- 100 calories extra per day =
10 pounds weight gain per year=
100 pound weight gain over 10 years!
- 2000 steps = 100 calories burned =
10 pound weight loss per year =
100 pound weight loss over 10 years!

THANK YOU – and good luck!!

