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# Nibbles of Healthy Holiday Wisdom



**Lunch and Learn Lecture Series**



# 'Tis the Season

For Eating,  
Spending,  
Stressing,  
and More  
Eating!!



# Savor the Holidays by Heeding These Holiday Sanity-Savers

1. Save Your Waist-line
2. Fit Fitness Into Your Schedule
3. Learn Holiday Stress Busters
4. Give and Get Gifts for Health and Fitness



# Waist Line Wake Up Call

	Calories
• 3 oz. Roasted Turkey	165
• 3 oz. Baked Ham	230
• 3 Tbsp Gravy	25
• $\frac{3}{4}$ cup Cornbread Stuffing	225
• $\frac{3}{4}$ cup Mashed Potatoes	200
• $\frac{1}{2}$ cup Broccoli Casserole	140
• $\frac{1}{2}$ cup Cranberry Congealed Salad	175
• 1 Dinner Roll with 1 pat Butter	125
• $\frac{3}{4}$ slice Pumpkin Pie	240
• $\frac{3}{4}$ slice Pecan Pie	340
• 12 oz. Coke	<u>150</u>
	2015 Calories

# It All Adds Up!

10 Holiday Celebrations X 2000 Calories\*\*  
= 20,000 Excess Calories

3500 Calories = 1lb. Of Fat



$20,000 / 3500 = 6$  lbs. Weight Gain

\*\*Given a 2000 calorie excess in intake

# Waist Line Savers when *Attending* a Party

1. Eat a snack before you arrive at the party.
2. Portions, portions, portions!
3. Stick to your Favorites.
4. Do not hang around the buffet table.
5. Ask for a glass of water with your wine.
6. Socialize!
7. If this is a potluck, be sure to provide a healthy option.
8. Increase your physical activity or exercise on the day of the party.
9. Make a plan – for example, if you're going to two parties in a row, both of which have full meals served, have appetizers at one and a meal at the other, or a meal at one and a dessert at the other.

# Waist Line Savers when *Attending* a Party

10. Have a smaller (but wholesome!) breakfast and lunch if you anticipate you'll have a large dinner. Don't starve yourself though, or you'll end up over-indulging.
11. Use smaller plates at the buffet.
12. Make two plates – one now...the other later.
13. Don't use your New Year's Resolution as a crutch! ("I'll be dieting later, might as well eat up...")
14. Don't try to *lose* weight over the holidays – try instead to maintain.
15. If you do overindulge, don't dwell on it. Move on and do better the next time.

# Waist Line Savers when *Hosting* a Party

1. Include an array of fresh fruits and vegetables with a light dip.
2. Display main dishes and sides before desserts.
3. Incorporate calorie-free drinks along with the alcoholic beverages, egg nog, and regular sodas.
4. Play games! To help everyone move from the buffet, start a game. Or have each person give an update of what is going on in their family or career.
5. Provide lower fat options for your guests. Make healthy substitutions in your normal dishes.
6. Be happy to let guests take food home with them to prevent having a refrigerator full of leftovers.

# Recipe Ideas

- Check out Health YOUUniversity's Motivation website for some great recipe ideas!
  - <http://nifs.motivation.cc>
  - Front page, left side: Resources By Topic
  - Healthy Recipes

# Recipe Ideas: Substitutions

- Substitute healthier items when cooking your holiday meal:
  - Instead of butter, margarine, or shortening, use applesauce (equal or slightly larger amount).
  - Replace one egg with two egg whites.
  - Use ground turkey in place of ground beef.
  - Cut down on sodium by using herbs and spices in place of salts.
  - Replace one cup of sour cream with one cup low-fat plain yogurt.
  - Instead of using all white flour, replace half with wheat flour.
  - When cooking casseroles and other savory dishes using soup, choose the lower-sodium, lower-fat varieties.
  - Consider fruit cobblers instead of pies, as the dough used for cobbler is lower in fat.

# A Typical Holiday Meal Revisited

## Calories

3 oz. Roasted Turkey	165
3 Tbsp Gravy	25
½ cup Cornbread Stuffing	150
½ cup Mashed Potatoes	130
½ cup Broccoli Casserole	140
1-1/2" slice Cranberry Sauce	70
1 Dinner roll	80
3/4 slice Pumpkin Pie	240
12 oz. Diet Coke & Water	<u>0</u>
	1000 Calories

# Fitting In Fitness

- Exercise with Your Family
  - Instead of driving to a holiday light display, walk down the streets of your own neighborhood and peruse neighbor's handiwork.
  - Great Winter Activities:
    - ice-skating
    - sledding
    - downhill skiing
    - snowshoeing
    - cross country skiing
  - Stay warm inside and play active indoor games like Twister or Charades.
  - Dance to your favorite holiday tunes.

# Fitting in Fitness

- Switch Your Exercise Appointment
  - Switch the normal time for exercise to morning/lunch if evenings are party-filled.
  - Schedule an appointment with yourself.
  - Stick to it as you would a business meeting.
- Increase the Intensity
  - Try 20 minutes of exercise at a higher intensity.
  - Run/walk intervals on treadmills or alternate between high and low resistance on the elliptical.
- Try an Exercise Video
  - An exercise video can pack muscle conditioning, aerobic exercise and flexibility training into 30-45 minutes.

# Fitting In Fitness

- Be an Active Couch Potato
  - Perform crunches or stretch during TV commercials.
  - Use a resistance band to do strength training exercises.
  - If you have a treadmill or exercise bike at home, place it in front of the tube and use it!
  - TRAVELING? - YMCA's & other local fitness centers charge minimal fees for guests.
  - Pack warm clothes for a brisk outdoor walk or jog during your trip.
  - If you are planning a hotel stay, ask if there is a fitness center when you make the reservation.

# Fitting in Fitness

- Fit Shopping

- Park further away. (Bundle up if the weather is cold!)
- Take a few laps around the mall. (This is also a great chance to “window shop” and see where you might want to stop!)
- Bring along water, and healthy snacks if you think it will be a long trip.
- Walk up and down the escalators rather than just riding, or take stairs if available.

# Stress Savers



- Take Care of Yourself
  - Include adequate sleep.
  - Incorporate exercise into your schedule.
  - Set aside some time for yourself.
- Prioritize
  - Be realistic with your obligations.
  - Learn to say no.
  - Do not feel like you need to keep up with everyone else.
- Make a to-do list
  - Do not try to remember everything.
  - As you remember an duty or obligation, write it down.
  - Make a deadline for each duty.
  - Delegate some of your duties to family members.

# Stress Savers

- To avoid overspending, to not buy gifts out of guilt
  - Make a budget on how much you want to spend and stick to it.
  - Avoid impulse buying. Go home and think about the purchase before spending the money.
- Plan ahead
  - Do not procrastinate.
  - Cook ahead and freeze portions of the meal.
  - Shop in advance of the peak holiday shopping.
- Buying Presents
  - Have family members make a Christmas wish list to avoid guessing what each person wants.
  - Shop on the internet.

# Healthy Gifts for the Giving

- Home blood pressure monitor
- One half-hour or full hour with a massage therapist
- Lessons (racquetball, tennis, golf)
- Bicycle helmet; bicycle accessories
- Gift certificate for athletic apparel/gear
- Sports bag/equipment
- Subscription to a health magazine or newsletter
- Cookbooks featuring vegetarian or low-fat recipes
- Reflective clothing/accessories (for evening or early morning exercisers)

# Healthy Gifts for the Giving

- Videotapes (exercise, low-fat cooking, motivational)
- Books on hiking or bicycling trips
- Radio alarm clock for morning exercisers
- Air popcorn popper or vegetable steamer
- Six new soft bristle toothbrushes, dental floss
- Smoke/carbon monoxide detector
- "Good for " coupons that promise personal services (baby-sitting, car wash, etc.)
- Weekend at a spa
- Relaxation tape

# Questions?

The National  
Institute for Fitness  
and Sport and  
Health YOUiversity  
wish you the very  
best this Holiday  
Season!

