

What Healthy Holiday Eating Looks Like in a World of Abundance

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FAMILY HEALTH CENTER
MANAGED BY


CAUTION
HOLIDAY EATING

Why do we gain weight during the Holidays?

- Research suggests that the average American gains ~1lb between Thanksgiving and New Year's Day
 - ***Most do not lose that 1lb!!!***
- Average weight gain for those already overweight or obese during the holiday season is ~5-7lbs



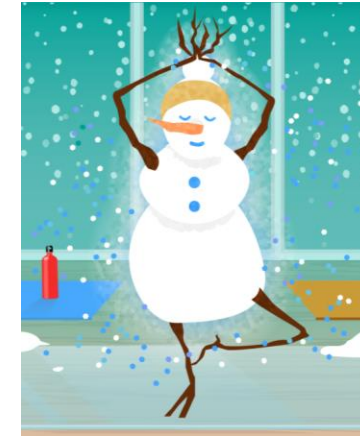


Stress & Exhaustion

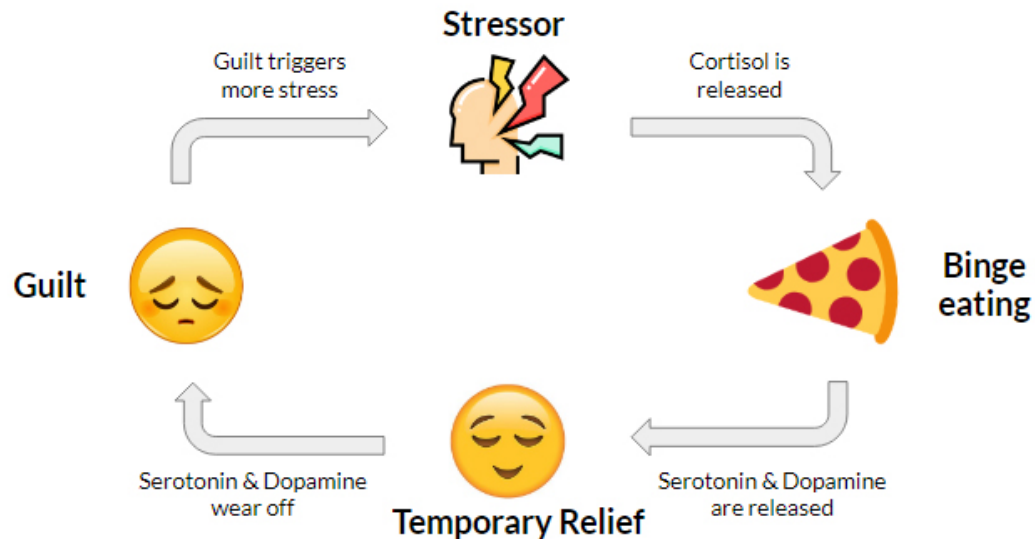
- **Obligations/Expectations**
- **Pressure for “perfection”**
- **Comfort Eating**
- **Less Exercise**
- **More Demands – events/year end goals**

Stress & Exhaustion

- Stress increases your body's production of the fat-storing hormone cortisol.
- Effects metabolism.



- *Prune the to-do list.*
- *Cut the gift list.*
- *Wrap as you go.*
- *Call family and friends.*
- *Scale back décor.*
- *Stay home!*



Sleep

- Sleep loss can make it harder to manage your blood sugar. *Aim for 7 to 8 hours per night*
- Research shows that after a night of limited sleep, people ate an average of **385 more calories** the next day compared to individuals who got 8 hours of sleep
- Part of the reason you eat more when you get too little sleep is because your body increases production of a chemical called 2-AG, which makes high-calorie food (*a staple of every holiday meal*) more appealing



Emotional Eating

- Emotionally difficult time of year for some
- Instant gratification to self-soothe
- Using Celebrations as an “excuse”
- “Mindless Eating”





Cold Weather

- Craving “comfort” foods
- Limited outdoor activities



Time Management

- Less Exercise
- Less Meal Planning/Prep



Food Focused Celebrations

- Socializing with friends and family involving food and drinks
- Alcohol more prevalent at gatherings and social events



What healthy holiday eating looks like in a world of Abundance

- Choice of meat
- Refined carbs
- multiple servings
- Additives to potatoes, veggies, sauces, etc.
 - – fats, sugars, sodium

Option	Serving	Calories	fat grams	Carbs	Protein
Turkey dark meat and skin	6 ounces	380	20	0	46
Bread stuffing	1/2 cup	190	9	22	4
Mashed potatoes (whole milk and butter)	1 cup	237	9	35	4
Turkey Gravy homemade	1/2 cup	160	9	8	14
Dinner Roll (White) with butter	1 roll, 1 tbsp butter	220	20	28	5
Pumpkin Pie (Libby's Recipe)	1/8 of pie	283	12	39	6
Canned Cranberry Sauce	1/4 cup	110	0	26	0
Green Bean Casserole (French's)	1 cup	142	9	15	15
Yams with Brown Sugar and Marshmallows	1 cup	197	3	42	2
Total for meal		1919	91	215	96
		calories	fat grams	Carbs	Protein
Daily nutrition needs					
2000 cal diet		2000	65	300	125



Over 2800mg of sodium!

Average Holiday Meal

Option	Serving	Calories	fat grams	Carbs	Protein
Turkey white meat NO skin	4 ounces	158	4	0	34
Bread stuffing	1/2 cup	190	9	22	4
Mashed potatoes (whole milk and butter)	1/2 cup	118	5	17	2
Turkey Gravy homemade	2 Tbsp	63	3	3	5
Dinner Roll (White) with butter	Omit				
Pumpkin Pie (Libby's Recipe)	small sliver	142	6	20	3
Homemade Cranberry Sauce with Stevia and orange	1/2 cup	50	0	12	1
Fresh Steamed Green Beans	1 cup	22	0	5	1
Sweet Potato Medley	3/4 cup	80	3	13	1

Total for meal	823	30	92	51
	calories	fat grams	Carbs	Protein
Daily nutrition needs				
2000 cal diet	2000	65	300	125



Only 1148 mg sodium

A Healthier Option

Option	Serving	Calories	fat grams	Carbs	Protein
Turkey white meat NO skin	6 ounces	237	6	0	51
Bread stuffing	Omit				
Mashed potatoes (whole milk and butter)	1/2 cup	118	5	17	2
Turkey Gravy homemade	2 Tbsp	63	3	3	5
Dinner Roll (White) with butter	Omit				
Baked Apple with Cinnamon	1 small	84	0	25	0
Homemade Cranberry Sauce with Stevia and orange	1/2 cup	50	0	12	1
Fresh Steamed Green Beans	1 cup	22	0	5	1
Sweet Potato Medley	3/4 cup	80	3	13	1
Total for meal		654 calories	17 fat grams	75 Carbs	61 Protein
Daily nutrition needs 2000 cal diet		2000	65	300	125



An Even Healthier Option

Daily nutrition needs 2000 cal diet	2000 Calories	65 gm Fat	300 gm carbs	125 gm Protein
Total for meal Option 1	1919 calories	91 fat grams	215 Carbs	96 Protein
Total for meal Option 2	823 calories	30 fat grams	92 Carbs	51 Protein
Total for meal Option 3	654 calories	17 fat grams	75 Carbs	61 Protein

Over 2800mg of sodium!

Only 1148 mg sodium

Only 372 mg sodium!

Option 1: full meal standard portions

Option 2: white meat turkey, reduced mashed potatoes portion, reduced gravy, omit roll and butter, sliver of pie, homemade cranberry sauce, steamed green beans and sweet potato medley

Option 3: Increased portion protein white meat, omit bread stuffing, baked apple with cinnamon



Green bean casserole

- *Reduce fat/calories in recipes*
- Use reduced-fat or nonfat cheeses and 1% or skim milk instead of whole milk
- Instead of margarine or butter in baking use olive or canola oil
 - Decrease the amount of oil by half in most recipes. Each tablespoon you eliminate saves you approximately *100 calories and 14 grams of fat*
- Instead of cream use fat-free evaporated milk
- Use reduced sodium, fat free broth to add flavor to vegetables, stews, and mashed potatoes
- Serve fresh steamed as an additional alternative

Meats

- *Choose leaner sources of protein*
- Choose fish, skinless chicken breast, 95% lean ground turkey breast, chicken or beef
- “Stretch” your protein over larger portions of vegetables, whole wheat pasta, or brown rice to bulk up the meal





Dressing, potatoes and rolls

- *Identify where the carbs and added calories sneak in!*
- Substitute whole-wheat flour and ground flax meal for some of the white flour called for in bread recipes
- Use light margarine with no trans fats as a spread (make sure partially hydrogenated oil does not appear on the ingredient list)
- “Stretch” the spread and improve taste by mixing in fresh rosemary and garlic
- Serve yourself smaller portions to still enjoy but not overindulge

Cranberry sauce and desserts



- *Reduce fat/calories/sugar in recipes*
- Use reduced-fat or nonfat cheeses and 1% or skim milk instead of whole milk.
- Instead of cream use fat-free evaporated milk.
- Substitute a zero-calorie sugar substitute (such as Splenda) for half the sugar called for in a recipe.
- In baked breads, cakes, muffin and brownies, substitute an equal amount of applesauce, mashed bananas, avocado or prunes for at least half the fat called for in a recipe.
- Substitute orange, Stevia or Monk fruit for sweetness

Drinks

- Choose lower calorie drinks, such as spritzers or non-calorie mix-ins like sparkling water instead of creamy drinks
- Choose non-calorie apple ciders vs. Full calorie
- Hot tea vs. Hot chocolate
 - -sweeten with some honey or non-calorie sweetener and cinnamon
 - Seek sugar free options like Alpine Hot Cider





Pies

- Choose pumpkin pie (320) vs. Pecan pie (503); or a small sliver
- Instead of cream use fat-free evaporated milk.
- Substitute a zero-calorie sugar substitute (such as Stevia) for half the sugar called for in a recipe.
- Make baked apples (or peaches) instead of apple/peach pie

Appetizers

- For dips, use reduced fat mayo and swap sour cream for nonfat plain Greek yogurt. Reduced fat mayo and nonfat Greek yogurt can be used as a dressing for potato or pasta salads.
- Bake or air fry foods, such as wings and eggrolls, instead of deep frying
- Choose hummus instead of cheesy dips.
- Use crunchy vegetables to dip instead of chips



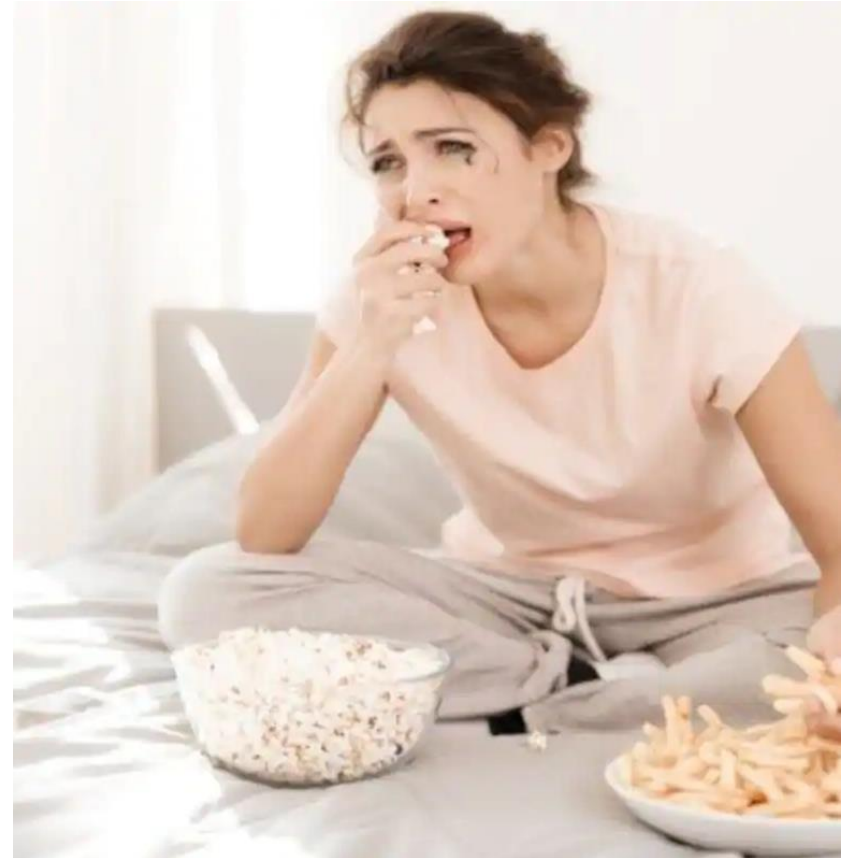
Surviving the Holiday Party

- Be realistic
- Eat before you go
- Use a small plate
- Start simple
- Wait 10 minutes
- Limit alcohol
- Eat mindfully
- Socialize away from the food
- Find activities that do not involve food
- Choose hot drinks wisely
- Choose coarse and crunchy foods
- Choose Spicy & Sharp flavors
- Don't be a grazer
- Bring a healthy dish to the party
- Be the life of the party!!



Avoiding Emotional Eating

- *Keep a food diary*
- *Tame your stress.*
 - **try a stress management technique, such as yoga, meditation or deep breathing.**
- *Have a hunger reality check.*
- *Get support.*
- *Fight boredom.*
- *Remove temptation.*
- *Snack healthy.*
- *Learn from setbacks.*



Don't forget to hydrate!

- Water is a natural appetite suppressant
- Water can help to take up space in the stomach, leading to a feeling of fullness and reducing hunger. A person may also think that they are hungry when they are actually thirsty
- Drinking a glass of water before reaching for something to eat can help to curb unnecessary snacking.



Get Moving

- Exercise...
 - Improves mood
 - Boosts energy
 - Improves sleep
 - Improves your overall health
- Exercise does not have to be limited to a 30-minute walk on a treadmill. Exercise can be fun and SOCIAL
 - Try 10-15-minute bursts of activity throughout the day such as ice skating, shoveling snow or taking a leisurely walk with family & friends



Conclusion

- Plan ahead
- Slim down your holiday menu
- It's not falling off the wagon; it's just one meal, and it's okay to celebrate :)
- Portion control, moderation, and planning ahead are the keys to success
- Spend less time focused on food and more time enjoying the camaraderie of your **loved ones**



Your contributions:

- [Mashed Cauliflower with Garlic \(bewellandtell.com\)](http://bewellandtell.com)
- [Carrot Dill And Feta Soup Recipe \(grouprecipes.com\)](http://grouprecipes.com)
- [Quinoa, Sweet Potato, and Dried Cranberry Stuffing \(bewellandtell.com\)](http://bewellandtell.com)
- [Apple Berry Crisp \(bewellandtell.com\)](http://bewellandtell.com)
- [Refreshingly Light Indian Tonic Water \(fever-tree.com\)](http://fever-tree.com)
- [Cauliflower Cheese Bread Recipe \(thespruceeats.com\)](http://thespruceeats.com)
- [Barefoot Contessa Green Beans \(bewellandtell.com\)](http://bewellandtell.com)
- [Cheesy Root Vegetable Gratin | Spoon Fork Bacon](#)
- [Baked Quinoa with Spinach and Cheese Recipe - NYT Cooking \(nytimes.com\)](http://nytimes.com)
- [Slow Luck Non Alcoholic Spirits \(slowluckbev.com\)](http://slowluckbev.com)