



*In the Kitchen - Holiday Edition*

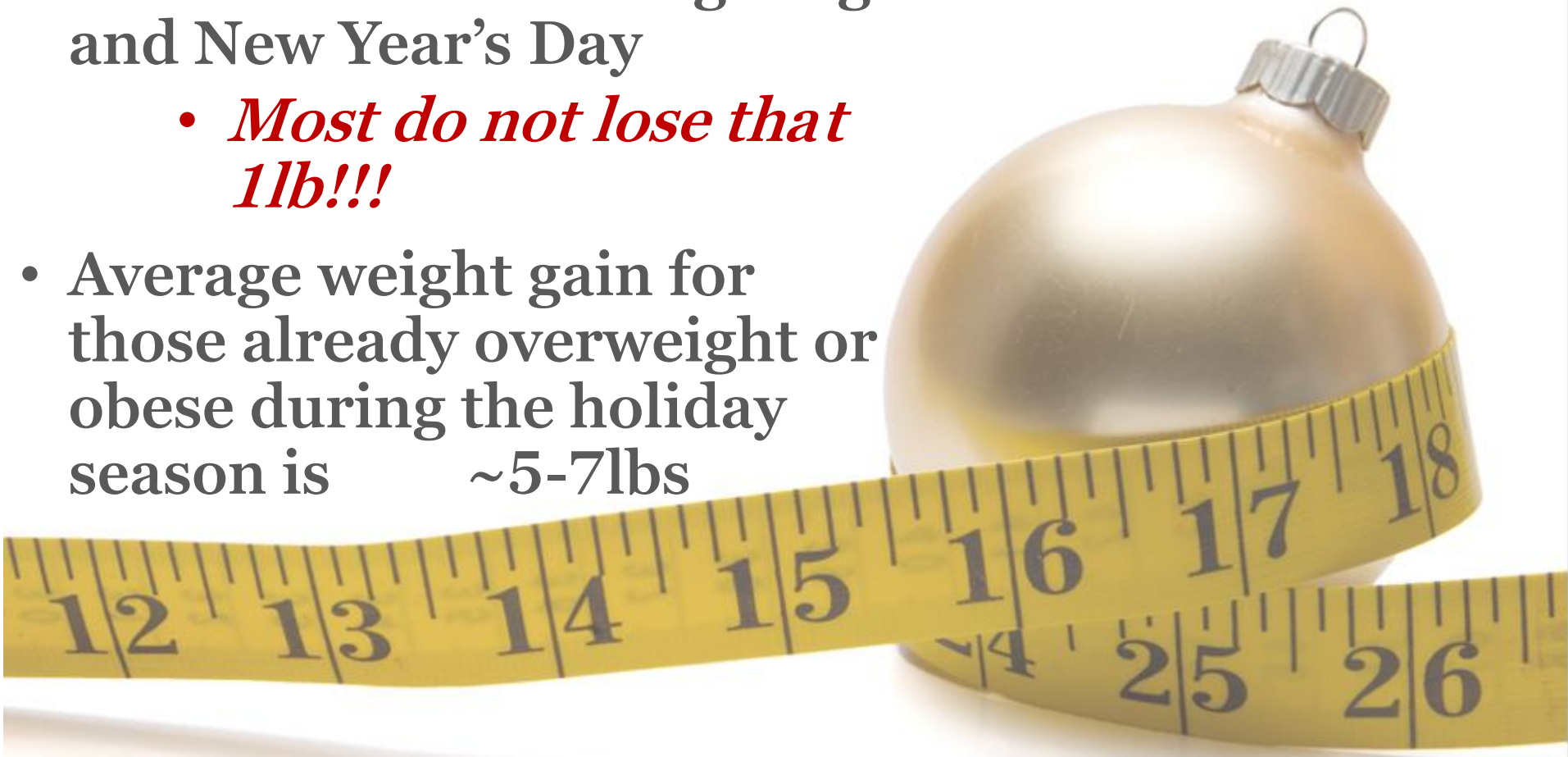


# **In the Kitchen - Healthy Eating During the Holidays**

**December 2, 2021**

**Presented by Maggie Rettelle, RDN, CHWC**

- 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
- Emotional Eating
- Cold Weather
- Time Management
- Food Focused Celebrations

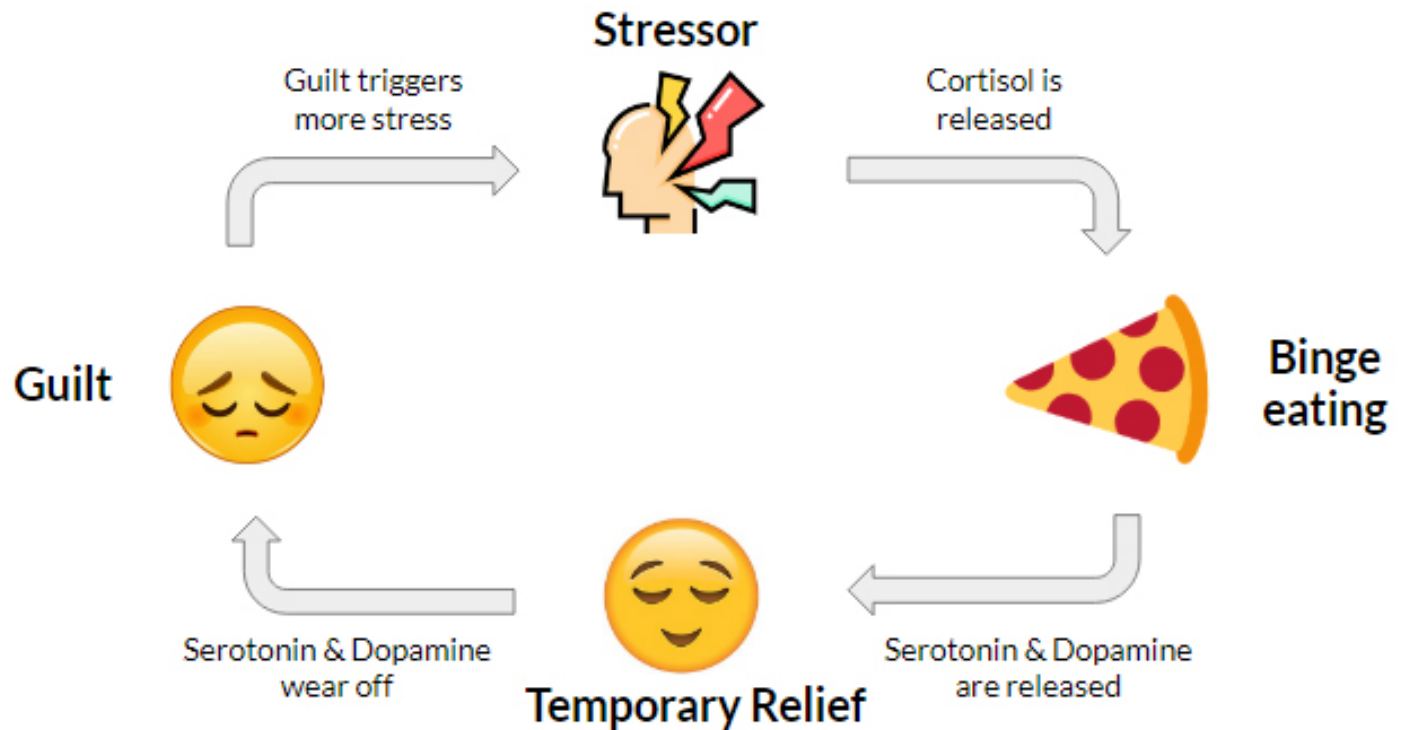




# Stress & Exhaustion

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

Effects Metabolism.



# Holiday Meal Evaluation

## Average Holiday Meal

**4,000 calories**

**229 grams fat**

**~500 grams Carb (this is double the recommended amount)**

### The big culprits:

- Pecan pie = 500 calories per slice (1/8)
- 1 cup stuffing = 350 calories
- 6 ounces dark meat = 350 calories

### The rest:

- Turkey 4 ounces = 160 calories
  - With gravy = 260 calories
- Sweet potato 1 medium = 110 calories
  - Candied = 305 calories
- Mashed potatoes 1 cup = 210 calories
- Biscuits 1 = 250 calories

# Holiday Meal Evaluation

## After Holiday Meal Adjustments

**1,050 Calories**

**63.45 g fat**

**102 g Carbs**

Turkey White Meat and skin – 1 cup diced, 276 calories

Bread Stuffing – 1/2 cup, 190 calories

Mashed Potatoes (Whole milk and butter added) – 1 cup, 237 calories

Whole Kernel Corn (Canned) – 1/2 cup, 66 calories

Turkey Gravy (Canned) – 1/2 cup 60 calories

Dinner Roll (White) – 1 roll, 120 calories

Butter – 1 tablespoon, 100 calories

Pumpkin Pie (Libby's Recipe) – 1/8 of pie, 319 calories

Choose fish, skinless chicken breast, 95% lean ground turkey breast, chicken or beef.

Use reduced-fat or nonfat cheeses and 1% or skim milk instead of whole milk.

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.

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.

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.

Use reduced sodium, fat free broth to add flavor to vegetables, stews, and mashed potatoes.

“Stretch” your protein over larger portions of vegetables, whole wheat pasta, or brown rice to bulk up the meal.



# Red Wine/Spritzer vs. Mixed Drinks



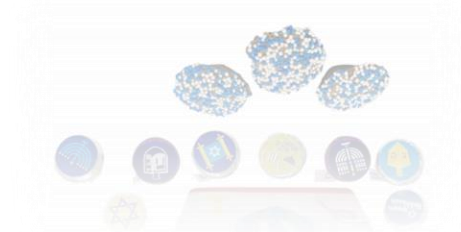
# Champagne vs. Egg Nog



# Hot Tea vs. Hot Chocolate



# Frozen Grapes vs. Candy



# Pumpkin Pie vs. Pecan Pie



# Steamed Vegetables vs. Casseroles



# Hummus vs. Cheese Dip



# Baked Apples vs. Apple Pie





# 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.

# Hydration

A dynamic background image showing a large splash of clear water against a light blue gradient. The water droplets and splashes are captured in mid-air, creating a sense of movement and freshness.

**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.**

# Surviving the Holidays

- *Eat before you go*; light snack (under 200 calories) an hour before
- *Use a small plate.*
- *Start simple.* Fill your plate with veggies, fruits, green salads, and lean meats.
- *Wait 10 minutes.*
- *Limit alcohol.* Alcohol adds extra calories & stimulates your appetite
- *Eat mindfully.* Savor each bite. Put your fork down between bites. Focus on the flavor and enjoy what you are eating.
- *Socialize away from the food.* If you're standing around talking at a party, do it away from the food. You'll be less likely to spot something that you can't resist.
- *Find activities that do not involve food.*



# Surviving the Holiday Party

**Choose hot drinks wisely.** Opt for tea vs. hot chocolate. It can help you warm up, de-bloat, and feel fuller—all without the excess calories and sugar.

**Choose coarse and crunchy foods.**

**Choose Spicy & Sharp flavors.**

***Don't be a grazer.*** Put together a meal on an actual plate. Smaller plates are a built-in way to control your portions.

***Bring a healthy dish to the party.*** Mixed fruit salad, shrimp cocktail, vegetable crudités with low-fat bean dip or hummus are all examples of healthier options.





## Expectations...

**Don't Let "Food Pushers" Lead to Holiday Weight Gain**

"Food Pushers" can be friends, family members or coworkers.

Food Pushers often refuse to take "no" for an answer.

Just say "no thank you."

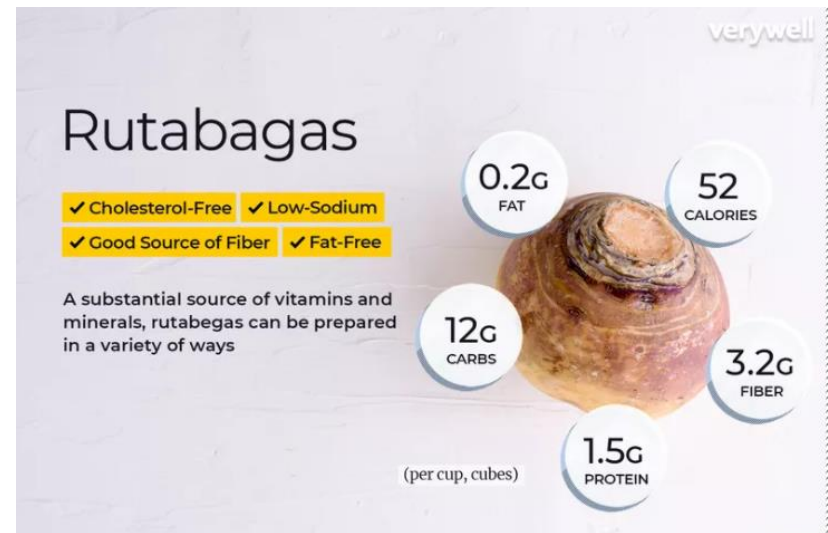
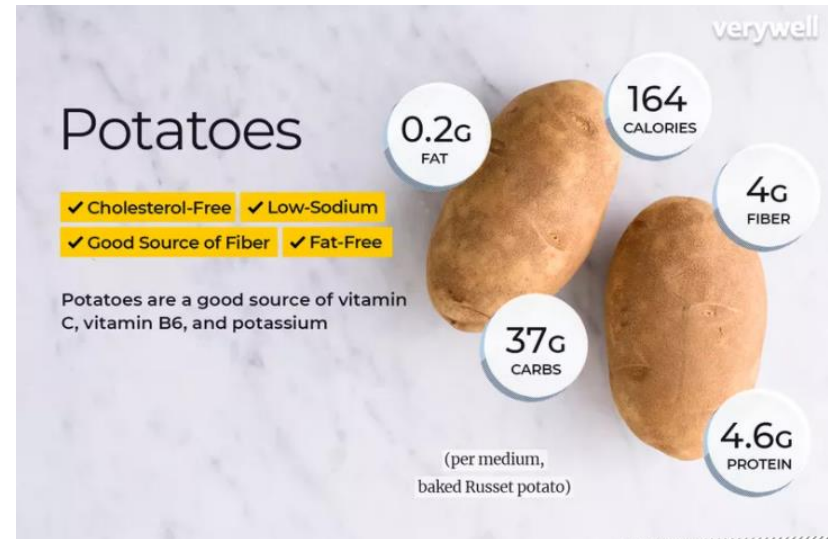
Be firm.

*Be realistic*

Sleep

**Avoiding Emotional Eating**

# Alternatives to the traditional MASHED POTATOES



	1 cup Rutabega (140 gm)	1 potato (173 gm)	1.5 cup cauliflower (160.5 gm)	1 teaspoon Table sugar
Calories	52	164	40	15.4
Carbohydrate (gm)	12	37	8	4
Fiber (gm)	3.2	4	3.2	0
Sugar (gm)	6.2	1.9	3.1	4
Fat (gm)	0.2	0.2	0.4	0
Protein (gm)	1.5	4.6	3.1	0
Sodium (mg)	16.8	11	48.2	0
Potassium (mg)	427	888	479	
Phosphorus (mg)	74.2	101	70.6	
Iron (mg)	0.6	1.83	0.7	
Magnesium (mg)	28	42.5	24.1	
Calcium (mg)	60	28	35.3	
Zinc (mg)	0.3	0.5	0.4	
Vitamin C (mg)	35	42	77.4	
Glycemic Index	72	85	10	59
Glycemic Load**	7	17	0.8	3

\*\*A **low** glycemic load is **10** or less, a **medium** GL is **11 to 19**, and a **high** GL is considered **20** or above.



# The “Sides Swap”



## Make “Salsamole” vs guacamole

	2 Tbsp Guacamole	1/2 -3/4 cup Salsamole
Calories	74	75
Carbohydrate (gm)	3.8	5.9
Fiber (gm)	3.2	3.3
Sugar (gm)	0.3	1.7
Fat (gm)	6.6	5.6
Protein (gm)	1	1.3
Sodium (mg)	6.9	64
Potassium (mg)	221	265
adjusted portion with chips	392 calories	245 calories
adjusted portion with peppers	238 calories	less than 100 calories

## Make homemade cranberry sauce vs gelled cranberry sauce

	1/2 cup homemade cranberry sauce	1/2 cup gelled cranberry sauce
Calories	62	220
Carbohydrate (gm)	15	56
Fiber (gm)	4.1	1
Sugar (gm)	8.8	48
Fat (gm)	0	0
Protein (gm)	0.3	0
Sodium (mg)	0.1	20
Potassium (mg)	62	0



# Conclusion

A vibrant collage of fresh produce including pumpkins, tomatoes, peppers, onions, and grapes. The background is a dense arrangement of various fruits and vegetables, creating a colorful and healthy aesthetic.

- Plan ahead.
- Slim down your holiday menu.
- If you fall off the wagon – **get back on!**
- 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.**

# Happy Holidays!!!

