

Holiday Eating Survival Tips



What Does 500 Calories Look Like?



Holidays in America



No Such Thing as a 'Bad' Food

- How much and how often you eat higher-calorie, higher-fat foods is what is bad



Two Ways to Manage Weight

1. Portion Control



VS



2. Substitution



VS



Hot Dogs

Beef Frank	Fat-Free Beef Frank
180 calories	50 calories
16 g fat	0 g fat





Where Health Care Professionals
Go for Information

Pick Your Turkey Wisely

Dark Meat With Skin

Dark Meat No Skin

White Meat No Skin

Nutrition Facts		
Calories 206	(860 kJ)	
	% Daily Value ¹	
Total Fat	8g	12%
Sat. Fat	2.4g	12%
Cholesterol	132mg	44%
Sodium	86mg	4%
Total Carbs.	0g	0%
Dietary Fiber	0g	0%
Protein	31.3g	
Calcium	30.5mg	
Potassium	267.8mg	

Nutrition Facts		
Calories 183	(765 kJ)	
	% Daily Value ¹	
Total Fat	4.9g	7%
Sat. Fat	1.6g	8%
Cholesterol	127mg	42%
Sodium	89mg	4%
Total Carbs.	0g	0%
Dietary Fiber	0g	0%
Protein	32.6g	
Calcium	29.4mg	
Potassium	278mg	

Nutrition Facts ☆☆☆ (?)		
Calories 120	(502 kJ)	
	% Daily Value ¹	
Total Fat	3g	5%
Sat. Fat	1g	5%
Trans Fat	0g	
Cholesterol	55mg	18%
Sodium	390mg	16%
Total Carbs.	0g	0%
Dietary Fiber	0g	0%
Sugars	0g	
Protein	22g	

Liquid Calories

Beverage	Calories
Lite Beer (12 fl oz)	100
Alcohol (1.5 fl oz)	110
Apple cider (8 fl oz)	120
Wine (6 fl oz)	124
Beer (12 fl oz)	150
Sparkling apple cider (8 fl oz)	150
Eggnog (8 fl oz)	306

Hamburgers



Regular	80% lean	85% lean	92% lean
340 calories	270 calories	230 calories	145 calories
30 g fat	21 g fat	16 g fat	8 g fat

Holiday Recipe Modification

- Alter recipes to reduce fat and calories
- Substitute skim milk and low-fat sour cream for higher-fat products
- Look at the calories and fat you can save by making small changes

Holiday Recipe Modification (cont'd)

Try switching from:

- Evaporated milk (whole) to evaporated milk (skim):
 - Save 143 calories and 15 g fat/8 fl oz
- Heavy cream to evaporated skim milk:
 - Save 604 calories and 83 g fat/1 C
- Butter or margarine to fat-free butter spread:
 - Save 97 calories and 12 g fat/1 Tbsp

Holiday Recipe Modification (cont'd)

Try switching from:

- Regular cream cheese to lite or fat free:
 - Save between 40-70 calories and 5-10 g fat/1 oz
- Regular ground beef to 93% lean ground turkey:
 - Save 90 calories and 11 g fat of fat/4 oz

Holiday Recipe Modification (cont'd)

Try:

- Reducing oil in recipes:
 - Saves approximately 120 calories and 14 g fat for every tablespoon reduced

Little Extras Add Up

- Cutting a mere 100 calories/day will allow you to lose (or not gain) 10 lb in 1 year



Drink, Drink, Drink

- Drink often—you will eat less
- Choose calorie-free fluids
- Think about it—are you hungry or thirsty?
- Reward yourself with the many benefits of drinking water



Take Time to Plan

- Plan what you will take to parties
- Pick your ingredients wisely



VS



Learn About Food Substitutes

- Bring your own salad dressing, diet soda, and low-fat or low-salt condiments
- Reduce those calories by understanding how many calories and how much fat you can save

Salad Dressing

2 Tbsp Ranch Dressing	Fat-Free Ranch Dressing
137 calories	34 calories
15 g fat	0 g fat



2 Tbsp Italian Dressing	Fat-Free Italian Dressing
82 calories	13 calories
8 g fat	0 g fat

What Does This Mean?

- Switching from 2 Tbsp regular ranch dressing to 2 Tbsp fat-free Italian dressing saves you 124 calories
- Walking 30 minutes at 4 mph burns 136 calories for a 150-lb person



Learn About Food Substitutes



VS



What Does This Mean?

- Switching from regular soda to diet soda will save you about 150 calories/12-fl-oz can
- Walking 30 minutes at 4 mph burns 136 calories for a 150-lb person



Is It True That Sugar Substitutes Are Bad?



Acceptable Daily Intake (ADI)

- **ADI:** The US Food and Drug Administration (FDA) says this is the amount that you can consume daily over a lifetime that will not result in injury, even after a lifetime of exposure

Acceptable Daily Intake (ADI) (cont'd)

Name	Examples	ADI/day	ADI for a 150-lb Person (packets/day)
Aspartame (blue packet)	Equal [®]	50 mg/kg body weight	32.4 packets/day
Saccharin (pink packet)	Sweet'N Low [®]	5 mg/kg body weight	2.8 packets/day
Sucralose (yellow packet)	Splenda [®]	5 mg/kg body weight	22.6 packets/day
Stevia (green and white packet)	Truvia [®]	0-4 mg/kg body weight	10 packets/day

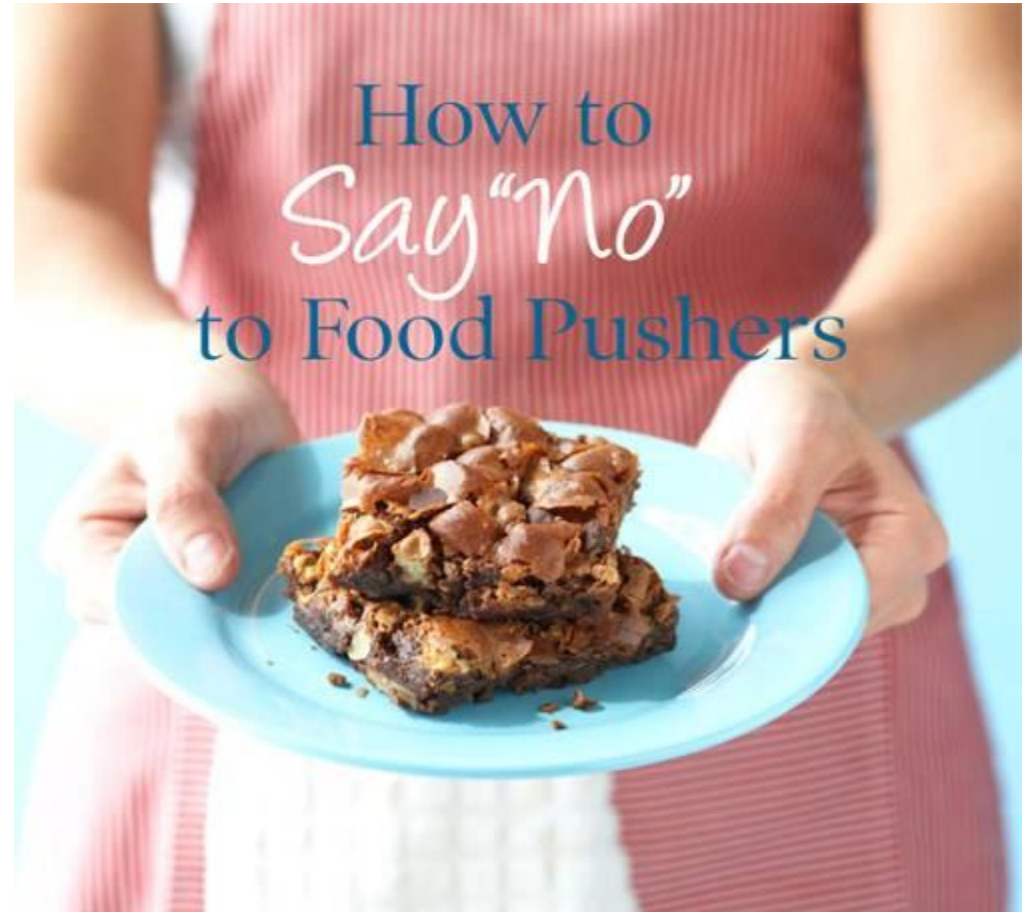
Kg=kilograms, mg=milligrams

No People Pleasing

- Eat only what you desire
- Do not eat as an obligation to others, even if they have cooked your favorite dish
- Make sure you make your own decisions—you are the one who will have to live with the consequences
- Stand up for yourself—others actually may respect you for it

Practice Assertiveness Skills

- Turn down certain extra helpings of food without feeling guilty

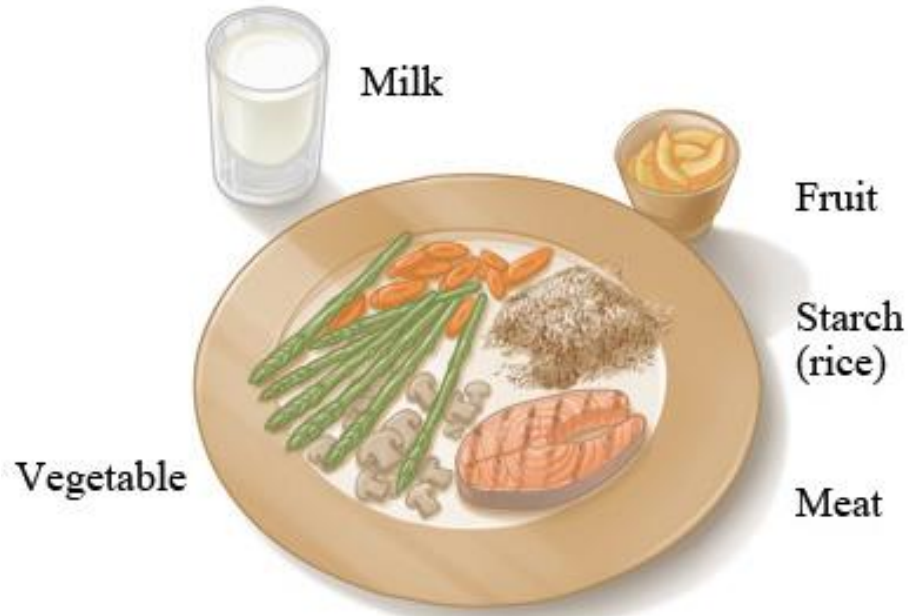


Learn to Eat Mindfully



Strive for a Healthy Plate

- One-fourth plate protein
- One-fourth plate grain
- One fruit
- One dairy
- One-half plate nonstarch vegetables



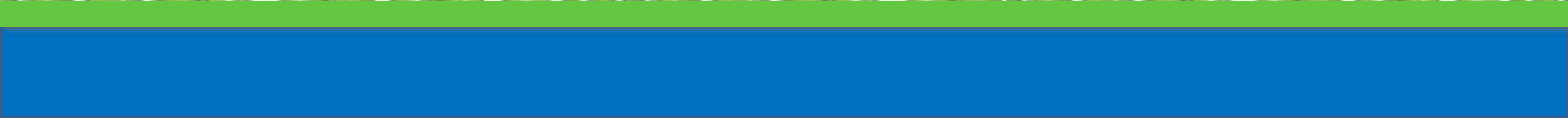
Eat Smaller Portions

- Allow yourself to taste what you want in smaller portions, so as not to feel deprived
- Avoid binges—once you start to feel deprived, you may set yourself up for bingeing



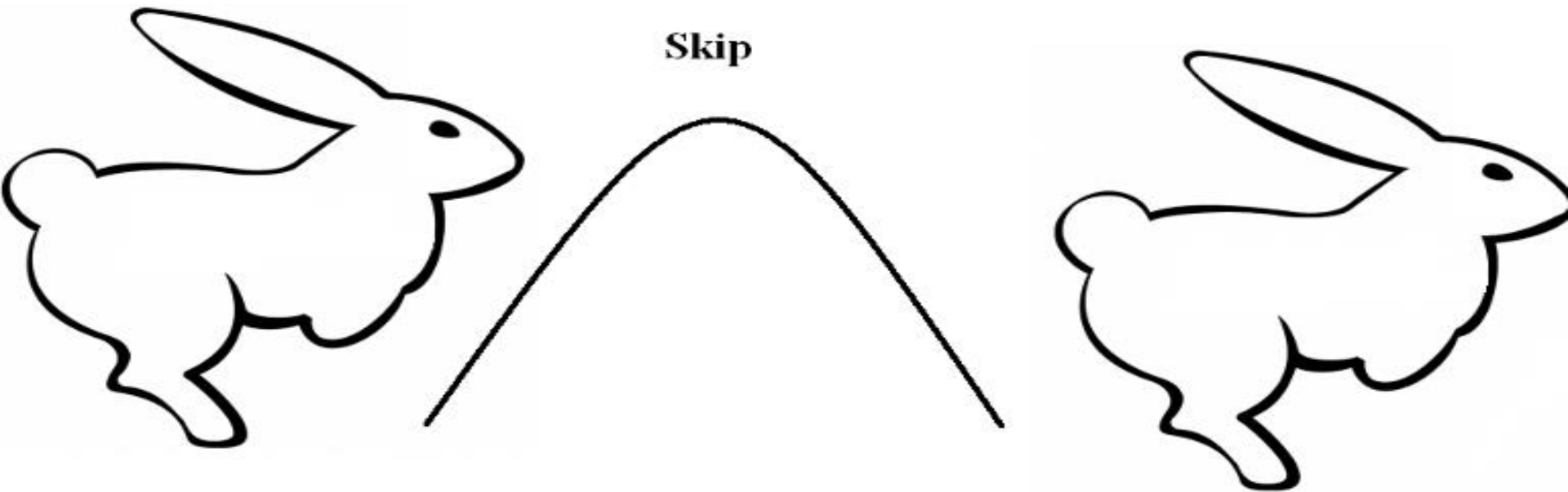
Choose to Eat Healthy Ahead of Time

- Focus on fruits and vegetables
- Do not forget to eat breakfast
- Do not think: "I already blew it. I might as well blow it more."



No Skipping Meals

- This will only result in a binge at mealtime and a spiral of guilt and hopelessness



The Consequences of Nibbling

- Watch what you eat before or after the main meal
- For example, look at what was consumed at this graduation party:

Regular soda pop	150 calories	0 g fat
23 almonds	165 calories	14 g fat
Handful of chips (1 oz)	155 calories	10 g fat
Handful of Chex [®] mix	140 calories	4.5 g fat
Regular soda pop	150 calories	0 g fat
TOTAL	760 calories	28.5 g fat

Mint-Flavored Gum And Mouthwash

- While preparing food, chew gum
- Instead of seconds, try some mouthwash first



Exercise

- Exercise more often or a bit longer and harder for a week prior to the holiday meal to compensate for the additional calories you may consume



Manage Your Emotions

- Have a plan for what to do if strong emotions arise when faced with certain situations or family members



Eating Because of Emotion

- **Lonely:**
 - Call, e-mail, or text a friend
 - Do not make food a companion
- **Bored:**
 - Find a hobby
 - Understand that eating is not an extracurricular activity
- **Sad:**
 - Write in a journal or talk with a friend
 - Identify why you are sad

Eating Because of Emotion (cont'd)

- **Upset/frustrated:**
 - Identify the source
 - Acknowledge that eating will not change feelings and frustration
- **Happy:**
 - Learn to celebrate without food
- **Tired:**
 - Get some rest
 - Caffeine overload will not replace sleep

Eating Because of Emotion (cont'd)

- **Stressed:**
 - Take “10” for yourself and find a relaxing activity
- **Worried/anxious:**
 - Remind yourself that many things in life are beyond your control
 - Use positive self-talk
 - “Do not anticipate trouble or worry about what may never happen. Keep in the sunlight.”—*Benjamin Franklin*
- **Trying to fill a void:**
 - Identify what is missing from your life

Stop Eating

- Stop eating when you are physically full
- Start learning how to recognize the difference

Physical Hunger



Emotional Hunger



After the Holidays

- Resume your lifestyle of balance and wellness just after the holiday has passed
- Change your thinking, if you need to
- Do not think, "I already blew it, so I might as well blow it some more."

