

Healthy Eating Around The Holidays

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UTOLEDO
HEALTH

Eating Healthy Through The Holidays- Is It Possible?

- Just because it's the holidays doesn't mean you can't maintain the same healthy eating habits.
- Adopt a mindset to indulge mindfully, not an all-or-nothing attitude.
- Feel empowered to make healthful choices.
- Resist social pressure to indulge!!
- To be successful, you should have a plan and goals set for the holidays.





You walking
into work
with your
healthy
packed
lunch!



You walk into
work and this
box is on the
counter?

What's in the
box??

Should we
even look in
the box?



Choices?? –

My healthy
food plan
sabotaged
by 8am

The background is a light-colored wooden surface decorated with various autumn-themed items. There are several pumpkins in different colors: a large green one in the top left, a yellow one in the top right, and a red one in the bottom left. Scattered around are stalks of wheat, mushrooms, red berries, and some green leaves. The text is centered in the middle of the image.

The average weight gain
during the holiday season
is around 0.5# to 1.5#

Eating Healthy Through the Holidays

However, this small amount of weight gained is often not lost and can accumulate over the years



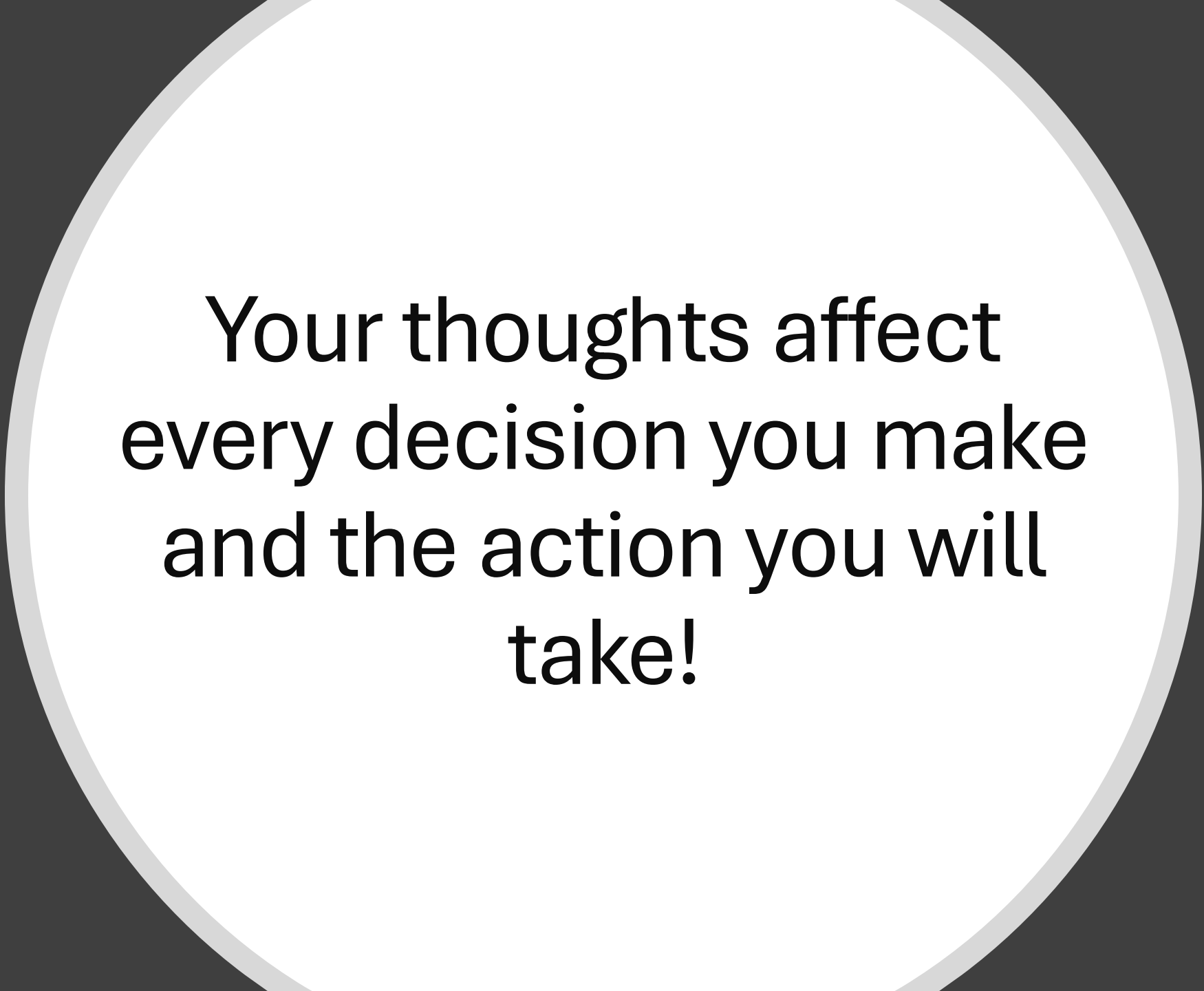
Getting In The Mindset to Eat Healthy During The Holidays

- What is your reason?
- What are your goals?
- Ask yourself?

How will your life be better if you say no?

Or

Yes, I know you want to eat it. But what do you want more than that food?



Your thoughts affect
every decision you make
and the action you will
take!

Goal Setting

1. Set the Intention of the Season-Start by reflecting on **why** you started this health and wellness journey. Align your goals with your values.
2. Create the plan- How many parties? Where will I encounter food choices? Barriers to success?
3. Set Realistic Goals
4. Check in Weekly-by checking in regularly with how things have been going, it can help make goals more realistic and achievable. Celebrate successes along the way.
5. Reflect and adjust goals as needed.

HOW TO SET & ACHIEVE YOUR GOALS THIS HOLIDAY SEASON



Plan Ahead

- Before you go, think about the foods that might be served.
- Decide which foods you really want to eat and which foods you want to avoid
- **Prepare a plan of action for obstacles/weaknesses you think you'll encounter.**



Check out the Spread

- Check out all the food that is offered. Before you serve yourself, look at all the options first.
- Now check yourself -What is my plan and goals



Fill up on Protein first

- Identify the protein-heavy dishes available and fill up on those before other items.
- Fill up on vegetables second.



Making Healthier Choices

- **Use the plate method:** Fill half your plate with non-starchy vegetables, a quarter with lean protein, and the remaining quarter with carbohydrates.
- **Start with the healthy options:** Begin with the healthiest foods like lean meats, vegetables, fruits, or cheeses before moving on the other foods
- **Plan your carb choices in advance.** For example, if you're going to have a sweet treat, cut back on other carbs like potatoes, bread, or pasta dishes.

The Plate Method



an easy, healthy eating hack to
prevent overeating

The background is a light-colored wooden surface with horizontal grain lines. It is decorated with various autumn-themed items: several pumpkins in green, orange, and yellow; a few mushrooms; stalks of wheat; red maple leaves; small red berries; and some green herbs. The items are scattered around the edges of the frame, creating a festive border.

**Focus on dishes you really love
and can't get any other time of
year.**

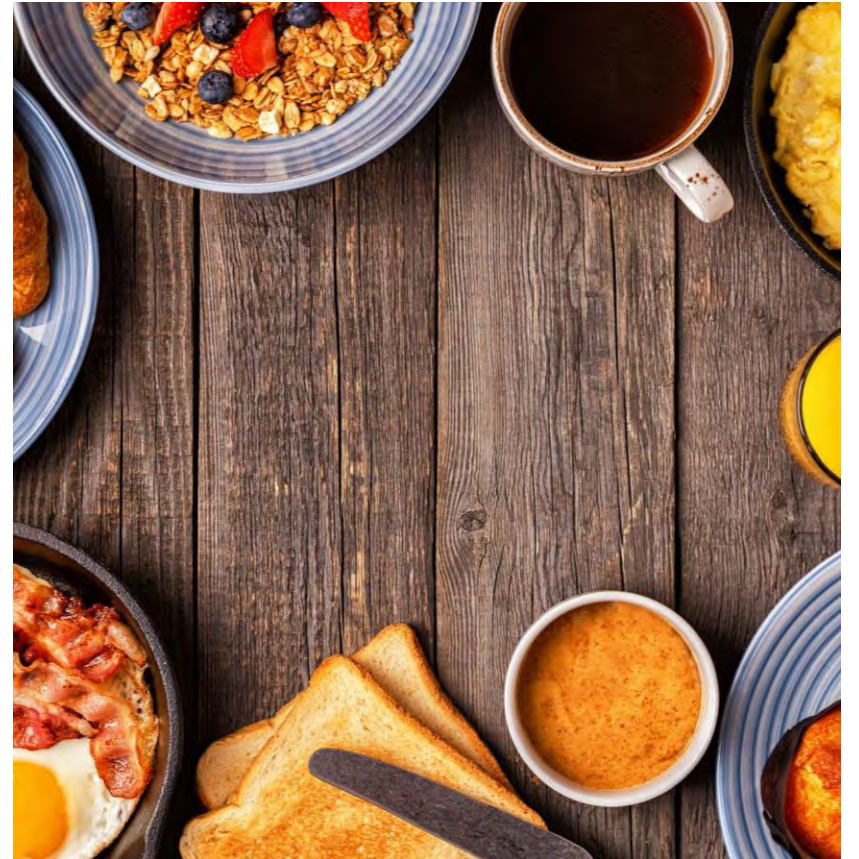


Eat slow!

*Make sure you
take time to
really taste
and enjoy that
special treat
when you eat
it.*

Do Not Skip Meals

- Do not skip meals to save Calories
- Make sure you still eat a high protein breakfast and a couple of high protein snacks if needed leading up to the event.
- Most often skipping meals backfires and you end up over-eating later in the day.





Portion Control

- One way to control your portions by putting food on a small plate instead of large plate.
- Choose only to eat one plate vs second helpings
- Start with Small Portions and Get Seconds Only if You're Unsatisfied
- Don't be a plate finisher if you are full
- **Drop it if it's not great!**



Bring your own Dish

- Explore new healthier recipes!
- Make healthier versions of your traditional recipes by using ingredients with less fat, sugar and salt.
- Bring food you know that is part of your diet plan



Being Mindful Of Excessive Snacking.



- Snacks are plentiful and can be consumed in larger quantities because their small size is often overlooked.
- Snacking can add a significant number of calories that we did not account for in our plan.
- We can overeat on appetizers and fill up before we get to the main course.



Mindless Nibbling

- Standing close to the food may result in mindless nibbling.
- Carefully select items you genuinely want to try, and then move away.
- Be intentional about what you put on your plate when you go through the line, then stay out of arm's reach of the food and drink table.

Holiday Treats

Be mindful of sweets: If you indulge in a **holiday treats**, enjoy a small portion rather than overdoing it.

Example:

- Snowman Oreo cake pop (150-220 calories)
- Peppermint bark (150–170 calories per 1 oz serving calories)
- Pumpkin pie 1 slice (323 calories)
- Frosted sugar cookie (160-180 calories)



It is perfectly fine
to say,
“No Thank You!”



- **Don't Let Other People Get to You. Your Plate is Your Business!!**
- **Don't feel obligated:** It's okay to say “*No, thank you*” to food you don't want or need. Be confident, decisive and polite. You should not feel shame with wanting to stick to your goals.
- **It's not rude:** You can celebrate without overindulging in food/drinks you don't want or need

Polite Response: “*No, thank you. That looks delicious, but I'm going to pass for now*”.

Stay Hydrated!

- **Stay hydrated:** Drink plenty of water throughout the day to help manage appetite and stay full
- **Dehydration** can lead to even more cravings around delicious holiday food.
- **Avoid sugary drinks:** Avoid sugary sodas, juices, sweet teas, lemonades, coffees, and punch. Choose sugar-free, caffeine-free drinks to help stay on track.
- Holiday punch=100-200 calories per 8oz
- Soda= 155 calories per 12oz
- Lemonade=100 calories in 8oz



Go Easy on Alcohol

- It is better to eat your calories than drink them.
- Alcoholic drinks are empty calories and do not provide good nutrition.
- You may also find that it is easier to give in to your favorite treats if you have had a couple of drinks.





Say No to Leftovers

- Commit to enjoying holiday foods during the special events and keeping your own home free from lingering temptations.



Tips On Eating Healthy At Work During The Holidays

Prepare and pack your food- Pack breakfast and lunches to control the what you eat, ingredients and portion sizes. Remember to be successful we must have a plan!

Don't skip meals: Eat protein at breakfast and lunch to avoid overeating later. If we haven't smartly nourished ourselves and we're hungry, those less healthy snacks are so easy to grab

Bring healthy snacks: Prepare and bring your own snacks, like fruits, vegetables, nuts, or yogurt, so they are available when you get hungry.

Be prepared to encounter unexpected treats

Ask your co-workers if the treats can be moved to the breakroom or out of common area.

Research shows you can
walk by something three
times and say, 'no, thank
you.'

Four is when we give in,"



Holiday Stress

- The holiday season for most people is a fun time of the year filled with parties, celebrations, and social gatherings with family and friends. For other people, it is a time filled with stress and anxiety.
- Stress increases cortisol levels which can stimulate your appetite but also can increase your cravings for foods that are high in sugar and fat.
- **Self-care** is one of the most effective strategies to manage stress.



Keep exercising

- The holidays can be a busy time, and it is easy to let exercise routines fall by the wayside.
- Exercise does help reduce stress and improve sleep.
- You may not have time for a long walk, but even 10 minutes after a big meal helps with digestion.
- Schedule short, efficient workouts at home or gym vs an hour at the gym
- Be flexible with your workout routine depending on your holiday events. Try working out in the morning
- Try incorporating movement into festive activities like picking apples, corn mazes, The Lights Before Christmas, Manor house/parks, parades or ice skating.
- **Set realistic goals:** Don't aim for perfection. If you miss a workout, don't give up and get back on track the next day.



Don't Deprive Yourself

- Do not completely deprive yourself. Be smart and remember your **WHY!** Have a favorite holiday treat ,but you want to be mindful to not overindulge.
- Declaring tempting foods “off limits” or to set very strict rules on quantity. This may seem like a good goal, but unfortunately it is likely to either backfire or leave you feeling unsatisfied.
- Food is a significant part of holiday traditions, and restricting yourself can make it harder to enjoy social festivities.
- A few special occasion meals are unlikely to significantly impact your long-term health if they are balanced with an overall nutritious diet.



Heart Felt Choices- When is a little OK ?



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Give Yourself Grace

- **If you overindulged and are feeling guilty for the food choices you made, do not beat yourself up. This does not mean that you have fallen completely off the wagon and are doomed to gain weight.**
- **Allow yourself forgiveness.**
- **Just make sure your next meal is healthy and you incorporate exercise into your routine.**

Focus The Holidays On Spending Time With Family and Friends

- The Holidays are about so much more than food.
- One trip to the buffet table may be enough if enjoying the company of your loved ones is the focus of the day.



Thank You!



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ANY
Questions?