Did You Know?

• Studies have shown that the average American gains 1 to 2 pounds during the holiday season.

• 4,500 calories and 229 grams of fat are usually consumed from eating a traditional Thanksgiving dinner, and this doesn’t include breakfast, lunch, or snacking.

• And even though we may not all gain weight, there is no question we tend to eat and drink more and exercise less.

• No one wants to feel restricted during the holidays. We want to enjoy the traditional favorite foods. How can you enjoy the holidays without gaining weight?
Today we will review...

• Tips for healthier holiday living

• Holiday meal planning

• Nutrient dense substitutions and their benefits
How can you make sure that the turkey is the only one stuffed during the holiday season?
Plan Ahead

During the holiday season..

• Get planning!
  – Plan your weeks at a glance. Think when are your errands, social engagements, grab-and-go meals
  – Make a grocery list, plan some easy, healthy meals
  – Cut and wash your fruit and vegetables ahead of time
  – Roughly plan your meals for the day, so you have healthy items on hand
Plan Ahead

During the holiday season..

- Don’t deprive yourself. If you’re going to a party, eat healthier throughout the day to allow some room for splurges
  - Don’t skip meals or snacks earlier in the day to “save” calories

- Balanced meals and snacks will provide energy for holiday errands and keep holiday cravings at bay

- Are you hosting a dinner party?
  - Make sure the menu includes healthy choices such as vegetables, fruits and lean meats
  - When you’re cooking, avoid tasting the dish more than you need to. Calories add up.

- Or are you a guest?
  - Offer to bring along a lower-calorie dish
  - After the meal find a spot away from the food and socialize instead
Nutritious Snack Ideas

Between 150-200 calories

• 1 egg over 1 slice of whole grain bread
• 1 rice cake with 1 tablespoon of natural peanut butter
• 1 pear with 1 ounce cheddar cheese
• ¼ cup tuna salad with vegetables
• ¼ of 1 avocado over 1 corn tortilla
• 6 ounces plain Greek Yogurt with ½ cup blueberries
• Tomatoes, basil and 1 ounce cheese
• 40 unsalted pistachios
• Baked apple with cinnamon and 12-15 almonds

• 1 ounce 70% dark chocolate
  • Has been investigated for its high content of flavanols, a sub-class of nutrients known as “flavonoids” that are present in plant-based foods.
  • Act as antioxidants and anti-inflammatory agents.
  • Also a good source of oleic acid, a healthy, monounsaturated fat also found in olive oil, and minerals such as magnesium, iron and copper.
Portion Control & Mindful Eating

• If at home or at a holiday party use a smaller plate for eating
• Scope out all the food choices before you make your selections
• Balance your plate with vegetables and fruit
• Take a small “taste” or use smaller portions of high calorie dishes or holiday treats
• And remember beverages contain calories as well!

• At parties or during special occasions we tend to eat beyond our body’s physical hunger
• To minimize recreational eating:
  • Make one plate of food
  • Savor every bite
  • Partake in conversation to slow down
  • Try chewing for 15-20 seconds before swallowing
  • Put the fork down between bites
  • Drink plenty of calorie free beverages
Rethink Your Drink

• What we drink is just as important as what we eat.
• Stick to calorie-free beverages such as water, tea, fruit flavored waters and seltzer instead of punch or mixed drinks.

• Holiday beverages can be loaded with calories:
  • 8 oz eggnog: ~350 calories
  • 12 oz hot chocolate: ~250 calories
  • 12 oz apple cider: ~160 calories
  • 16 oz pumpkin latte: ~340 calories
  • 20 oz soda: ~250 calories
Get Moving

• Be physically active most days of the week
  • The ACS recommends at least 150 minutes of moderate intensity activity per week with strengthening activities at least 2 days per week
• Physical activity helps relieve holiday stress, regulate appetite and burn some of those extra calories
• You will also experience benefits even if you divide your time into two or three segments of 15 minutes per day

• You can:
  • Organize a morning hike
  • Participate in a holiday race
  • Take a walk with family and friends after your meal
  • Plan a family game of tag, flag football or Wii
Benefits of Physical Activity

• Maintain a healthy weight
• Improved self-esteem
• Decreased risk of becoming depressed
• Improved sleeping patterns
• Stronger bones and muscles
• Decreased risk of chronic diseases
  • Heart disease, diabetes, hypertension
Be Realistic

Make realistic goals

• The holiday season is not the time to place added stress on yourself by attempting to lose weight
• Don’t approach the holidays planning to diet after the New Year – thinking to yourself, “I’ll diet as soon as the New Year starts” often leads to greater holiday indulgence
• Focus on weight maintenance vs. weight loss

Go easy on yourself if you overindulge at one meal

• Get back on track at the next meal and don’t practice the “all or nothing” mentality
• Moderation is key to calorie control
How do you maintain your healthy eating habits during the family feast?
My Plate Planner
A Healthy Meal Tastes Great

The Plate Method is a simple way to plan meals for you and your family. You don’t have to count anything or read long lists of foods. All you need is a 9-inch plate.

1/4 protein. 1/4 starch. 1/2 vegetables. 9-inch plate
Build a Better Plate

Is the greater proportion of your meal plant-based?

- Eat a variety of vegetables, fruits, whole grains and legumes such as beans
- Limit consumption of red meats
- Avoid processed meats
- Choose non sugary beverages
- Limit consumption of energy-dense foods
  - Particularly processed foods high in added sugar, low in fiber, high in fat
Build a Better Plate
Eat Your Vegetables

• Fill up your plate with non-starchy vegetables
  • For example, serve two types of vegetables
• Vegetables are a great source of vitamins, minerals and antioxidants
  • Enhances immune function
  • Reduces inflammation
  • Speeds healing
• Provides fiber
• Besides reducing risk of cancer and other chronic diseases, eating mostly plant-based foods can help you manage your weight
  • Low-energy dense foods will help you feel fuller while eating less and consuming fewer calories
Build a Better Plate

Eat Your Vegetables

Cooking Options

- Steaming, Blanching, Braising, Stir-frying, Roasting

Seasonings

- Add various herbs and spices to your vegetable cooking
- Delicate herbs: chives, cilantro, mint, dill, parsley
- Robust herbs: basil, bay leaf, oregano, tarragon, thyme, rosemary

Sauces

- Try creating flavorful, healthful sauces that simply enhance vegetables natural flavor
- Yogurt Mint Sauce: Mix 1 cup low-fat yogurt, 2 garlic cloves, 1 tsp. mint leaves, salt and pepper to taste. Serve with cooked carrots, potatoes, peppers
Skinless turkey is low in fat

- Good source of iron, zinc, phosphorus and B vitamins
- Save almost 100 calories by choosing white meat without the skin vs dark meat with skin

Practice food safety

- To thaw, place the turkey in a container and on the bottom shelf to prevent the juices from dripping onto other foods
- Allow about 24 hours of defrost time for every 5 pounds
- A 20 pound turkey will take 4-5 days to thaw
- For more even heating, cook the stuffing separately
- If you do stuff your turkey, do it just before roasting and stuff it loosely
- Turkey and stuffing are safe to eat when they reach a minimum internal temperature of 165 degrees
Build a Better Plate

Take Out the Fat

• Trim all visible fat from meats
• Skim off excess fat from soups, stews and gravy
• Use plain yogurt in place of sour cream
  • Saves 132 calories for every 3 ounces
  • Need to walk 37 minutes to burn 132 calories
• Choose plant based fats such as olive oil, avocado, nuts and seeds
• Applesauce, mashed banana or plain yogurt can be used in place of oil when baking
• Top cakes with fresh fruit or a sprinkle of powdered sugar instead of frosting
• Use evaporated skim milk in place of heavy cream
  • Save 600 calories and 80 grams fat for every cup
Dishing It Out

What Counts as a Serving?

Carbohydrates

• 1 slice of bread

• 1/2 cup of potatoes, corn, peas

• 1/3 cup of rice or pasta

• 1 small apple, orange or 1/2 cup chopped fruit

• 1 cup milk, 6 ounce yogurt
Dishing It Out
What Counts as a Serving?

Protein

• 1 ounce of fish, poultry or lean meat

• 1 egg or 2 egg whites

• 1 ounce of cheese

• 2 tablespoons peanut or almond butter
Dishing It Out

What Counts as a Serving?

Vegetables
• 1 cup raw vegetables
• 1/2 cup cooked vegetables

Fats
• 1 teaspoon olive oil, canola oil
• 1/4 of 1 avocado
• 1 ounce nuts
Servings vs. Portions

- A "serving" is the amount of food recommended in consumer education materials such as MyPlate. A "portion" is the amount of a food you choose to eat at any one time, which may be more or less than a serving.

- Here are some everyday comparisons to help you figure out your serving sizes:
  - A teaspoon of butter is the size of one dice.
  - 3 ounces of meat is the size of a deck of cards.
  - 1 cup of pasta is the size of a baseball.
  - 1/2 cup of fresh fruit is the size of a tennis ball.

- To downsize your helpings, try these tips:
  - Eat from a plate, not a package, so you know how much you eat.
  - Use smaller dishes.
Dishing It Out

Meal Comparison

- 3.5 oz light meat turkey, no skin - 150 calories
- 1 small sweet potato with 1 teaspoon butter - 130 calories
- ½ cup plain stuffing - 150 calories
- 1 cup carrots - 45 calories
- ½ cup roasted brussels sprouts - 27
- 1 slice French bread - 80 calories
- 1 slice of pumpkin pie - 315 calories

Total: 897 calories

- 3.5 oz dark meat turkey with skin - 225 calories
- 1 cup mashed potatoes with 1/3 cup gravy - 300 calories
- 1 cup plain stuffing - 250 calories
- ½ cup candied yams - 210 calories
- ½ cup green bean casserole - 150
- 1 piece corn bread - 200 calories
- 1 slice of pecan pie - 500 calories

Total: 1835 calories
• Onions are a significant source of quercetin, which is a flavonoid containing anti-oxidizing properties that may help to guard against cancer and heart disease.

• Polyphenols are a type of phytochemical or plant-based nutrient that provide health benefits. The polyphenol content of onions is higher than that of other allium vegetables, making onions an excellent vegetable to consume on a regular basis.

• The health benefits of garlic can be enhanced by letting it sit after crushing or chopping it before introducing acid or heat.

• In laboratory studies, compounds that are present in garlic have exhibited the ability to slow the growth rate of tumors in bladder, prostate, stomach, and colon tissue.

• A large study in France found that breast cancer risk was lowered in women who consumed higher amounts of fiber, onions, and garlic.
Recipes

Roasted Squash

• Delicata Squash can be found at farmer’s markets throughout fall and winter months
• Has a rich buttery flavor and smooth consistency – it’s delicious!
• Once cooked, its skin becomes tender enough to eat, no need to peel it for most recipes.
• AICR's expert report recommends eating a primarily plant-based diet for protection against a range of cancers, including mouth, esophagus, stomach, lung, pancreas and prostate
• Winter squash are excellent sources of vitamin A, good sources of vitamin C and fiber.
• Winter squash, including pumpkins, are rich in carotenoids, including:
  • beta-carotene and alpha-carotene: converted to vitamin A, which is important for immune function and maintaining healthy cells
  • lutein and zeaxanthin: act as antioxidants by filtering ultraviolet rays that can damage our eyes
Shaved Brussels Sprouts Salad

• In addition to brussels sprouts, this salad also uses kale
• Dark green leafy vegetables are excellent sources of fiber, folate and a wide range of carotenoids
• The Second Expert Report noted probable evidence that foods high in fiber probably reduce risk of colorectal cancer

Brussels Sprouts with Cranberries & Barley

• Cranberries are good sources of vitamin C and fiber
• They’re high in ursolic acid and flavonoids including anthocyanins, proanthocyanidins, and flavanols
• Vitamin C protects cells' DNA by trapping free radicals and inhibiting the formation of carcinogens
Recipes

Individual Pear & Apple Crisps

• One apple provides at least 10 percent of the recommended daily amount of vitamin C and fiber.
• Excess body fat increases the risk of certain cancers and fiber can increase the feeling of fullness, in turn helping with weight control.
• Apples also contain a variety of phytochemicals.
• The peel contains a third or more of its phytochemical compounds. About 80 percent of quercetin is located in the peel. Quercetin has been shown to be anti-inflammatory and may decrease the risk of cancer and heart disease.
Tools You Can Use

Where do we begin?

1. Start at the grocery store, plan to keep healthy items on hand for nutrient dense meals and snacks

2. Make time for exercise. Commit to some form of physical activity 3 times per week

3. Plan to fill half your plate with non starchy vegetables for at least 1-2 meals per day

4. Practice mindful eating. Listen to hunger cues and begin to indentify other possible reasons for eating

5. Practice healthy holiday cooking
### Identify Your Food Cues Quiz

**Instructions:**
Place a check mark next to each situation that applies to you.

**“I often find myself eating when...”**

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
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</thead>
<tbody>
<tr>
<td>(S)</td>
<td>I walk by bakeries, delis, fast food restaurants, etc.</td>
<td>(S)</td>
<td>I am with a friend.</td>
</tr>
<tr>
<td>(S)</td>
<td>I am next to snack bowls at home, a party, or the office.</td>
<td>(S)</td>
<td>I am working.</td>
</tr>
<tr>
<td>(S)</td>
<td>I see or hear food ads in magazines, on TV, or the radio.</td>
<td>(S)</td>
<td>I see food on kitchen counters, in cupboards, or the refrigerator.</td>
</tr>
<tr>
<td>(F)</td>
<td>I am nervous or tense.</td>
<td>(S)</td>
<td>I am watching TV.</td>
</tr>
<tr>
<td>(F)</td>
<td>I am angry.</td>
<td>(S)</td>
<td>I am feeling bored or lonely.</td>
</tr>
<tr>
<td>(A)</td>
<td>I am riding in the car.</td>
<td>(S)</td>
<td>I am offered food.</td>
</tr>
<tr>
<td>(A)</td>
<td>I am at the movies.</td>
<td>(S)</td>
<td>I attend holiday celebrations.</td>
</tr>
<tr>
<td>(S)</td>
<td>I see others eating.</td>
<td>(S)</td>
<td>I am feeling happy or relaxed.</td>
</tr>
<tr>
<td>(A)</td>
<td>I attend a sporting event.</td>
<td>(S)</td>
<td>I am feeling upset or blue.</td>
</tr>
</tbody>
</table>

- **Other situations:**

Notice the column of letters next to the blank for each statement. Count the number of checks for each letter (A, F, and S). Record the number of check marks next to the letter.

- **A**: As are Activity Cues
- **F**: F's are Feeling Cues
- **S**: S's are Situation Cues

### Cues for Action (Rather Than Eating)

Make a plan to change two cues (situations, feelings, or activities) that are cues for you to eat when you have no hunger.

1. **CUE TO EAT:**

   - **Possible actions:**
   - **Change the Cue:**
   - **Change the Response (do something other than eating):**
   - **Plan Ahead to Prevent or Avoid the Cue:**

2. **CUE TO EAT:**

   - **Possible actions:**
   - **Change the Cue:**
   - **Change the Response (do something other than eating):**
   - **Plan Ahead to Prevent or Avoid the Cue:**
Helpful Nutrition Resources

Websites
- American Institute of Cancer Research
- American Cancer Society
- Cook For Your Life
- Caring 4 Cancer – Nutrition

Food and Health Blogs
- Green Kitchen Stories
- 101 Cookbooks

Books
- One Bite at a Time – Rebecca Katz
- What to Eat – Marion Nestle
- The Art of Simple Food – Alice Waters
- Mindless Eating – Brian Wansink

Apps and Devices
- Fitbit
- My Fitness Pal
- Pocket Yoga
Thank You