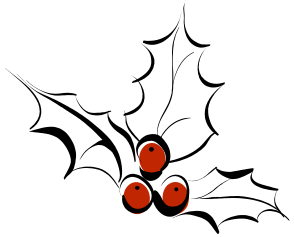
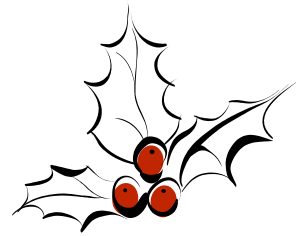


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## Survival Skills for Holiday Eating



December 2016

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## The Hard Facts

- On average, Americans gain about **1 – 2** pounds during the holiday season.
- Research shows it tends to stick and **accumulate** over the years
- These pounds can be **avoided** through mindful eating in moderation and a few simple strategies

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## Survival Skills for Holiday Eating



**Part 1:**      **Planning**

**Part 2:**      **At the Party**

**Part 3:**      **After the Party**

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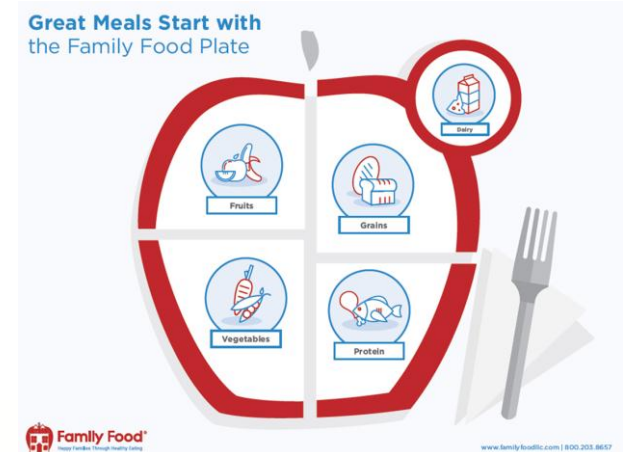


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## Planning: Prepare for Success!

- Include 1-2 small, healthy meals before the party
- Picture the foods available and mentally create a healthy plate
- Schedule a workout session the day of the party



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**Planning:  
Bring a Safe Dish**

## – Roasted Winter Vegetables

- Various squash, sweet potato, carrots, Brussels sprouts, etc



## – “Gourmet” Salads

- Dark green & purple leafy lettuce with fruits like pears or apples

## – Stuffing – healthier version

- Containing veggies, fruit, whole grain, low sodium broth



## – Hummus

- Chickpea based dip with freshly washed and sliced veggies



## – Fruit – based desserts

- When in doubt, choose apple or pumpkin pie over pecan

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## Planning: Healthy Substitutions

Original Recipe	Substitute with
<b>Regular pie crust</b>	Almond pie crust or crust-less pies
<b>Crispy Onion</b> (Green Bean Topping)	Toasted Almonds
<b>Marshmallow</b> (Sweet Potato)	Chopped nuts & cinnamon
<b>Butter/Cream</b> (Mash Potatoes or Stuffing)	Low sodium broth
<b>Butter</b>	Oil or applesauce or pumpkin puree
<b>Dairy</b> (milk & cheese)	Low fat/fat free Dairy and Dairy containing items like cream cheese (includes canned evaporated milk)
<b>Sugar</b>	Use less sugar than suggested in recipes, especially desserts
<b>Sour Cream</b>	Plain Greek yogurt
<b>White Flour</b>	Whole wheat flour





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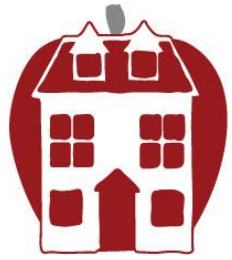
## At The Party: Navigating the Buffet

- Survey the buffet line before serving yourself
- Choose carefully between:
  - Foods you will **definitely eat**
  - Foods you will **sample**
  - Foods you will **skip**
- Avoid mindless munching
  - Sit down, always eat from a plate, stay away from the buffet
- Focus on friends and family instead of food
  - Start a game or craft



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## At The Party: Making the Best Choices

Culprit	Alternate	Amount Saved per Serving
Creamy Sauces	Broth-based Sauces	~ <b>60</b> calories <b>8 g fat, 2 g saturated fat</b> (2 Tbsp)
Creamy Dressings & Dips	Go For Oil-Based	~ <b>20</b> calories <b>4 g fat, 1 g saturated fat</b>
Turkey Skin	Remove it!	~ <b>40</b> calories <b>5 g fat, 2 g saturated fat</b>
Butter	Avoid it!	~ <b>100</b> calories <b>12 g fat, 7 g saturated fat</b> (1 Tbsp)
Whipped Cream	Remove it!	~ <b>100</b> calories <b>12 g fat, 6 g saturated fat</b> (1 Tbsp)





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## At the Party: Smart Sipping

- Liquid calories do not satisfy hunger and can lead to weight gain when consumed in excess
- Choose **water** or calorie free beverages
- Limit calorie-filled beverages to < **8 oz** serving
  - Eggnog (~**350 calories**)
  - Sparkling cider or juices (~ **150 calories**)
  - Sodas (~**150 calories**)



**Tip!** Quench thirst with water before drinking caloric drinks

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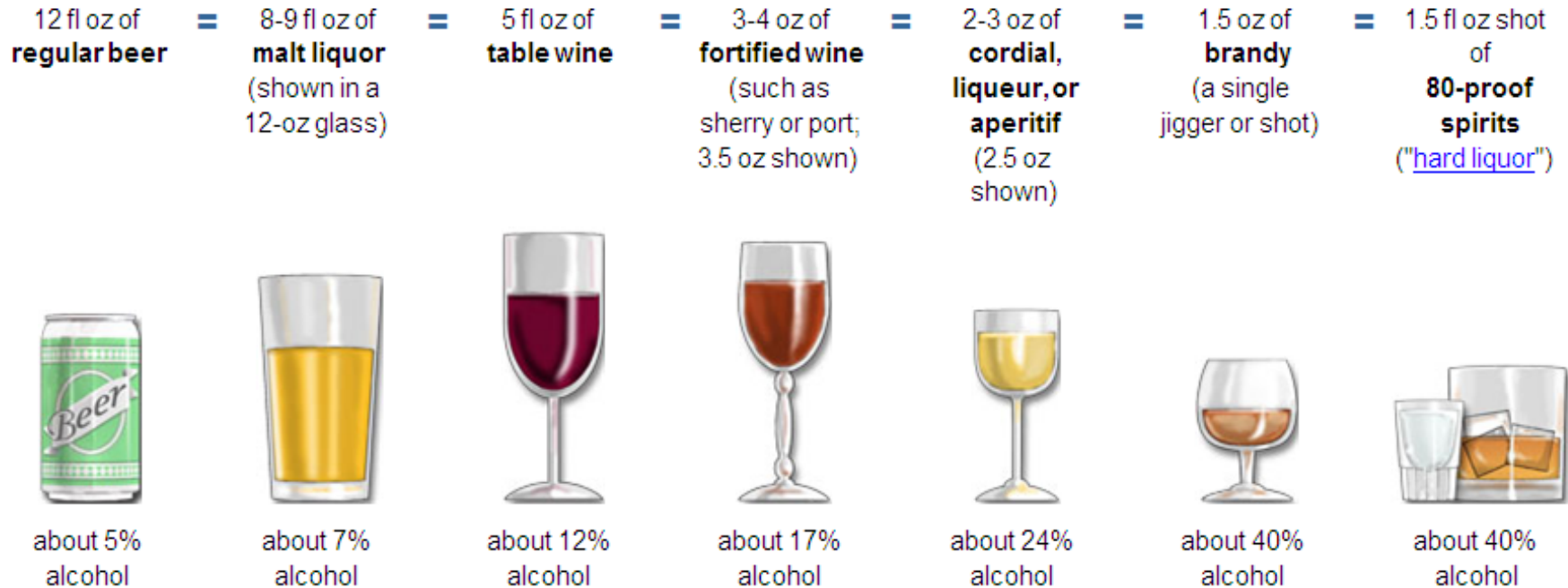


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## At the Party: Know Your Servings

- If you drink, do so in **moderation**
  - **1** serving for women
  - **2** servings for men



The percent of "pure" alcohol, expressed here as alcohol by volume (alc/vol), varies by beverage.

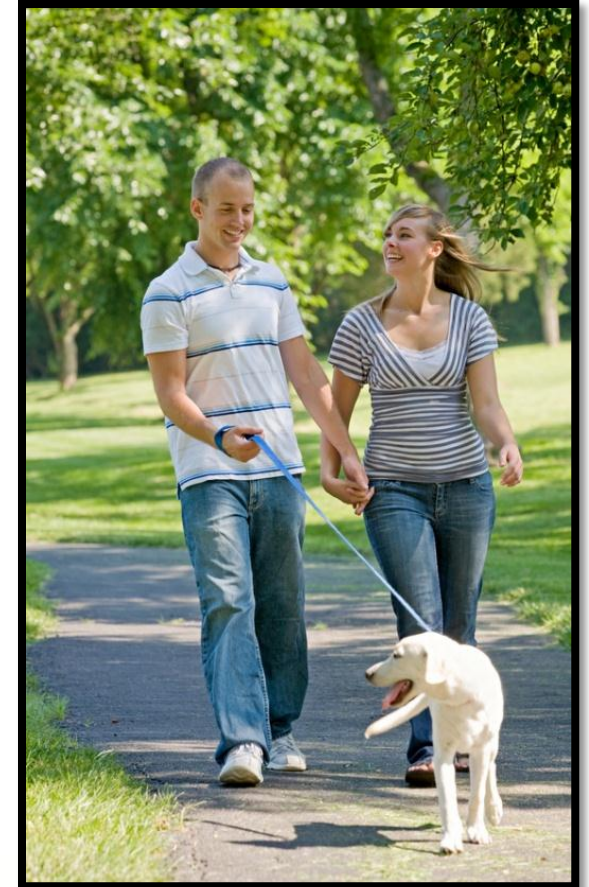


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## After The Party

- Feeling stuffed?
  - Get in a serving of exercise after a large meal
- Get back on track
  - .... the next day!
- Give away leftovers or create into healthy meal!



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