

HOLIDAY & EVENT EATING GUIDE

Control within the Unknown

During the holidays we are surrounded by great opportunities to socialize, catch up with friends, be around our family, find time to rest and relax (maybe!). On the flip side - this is also a time where we can lose sight of our health goals. Our schedules become erratic, meals become unpredictable, and workout routines may be nonexistent... if you let them.

PLAN FOR SUCCESS! - make a defined, reasonable and measurable goal before you go so that you can begin to visualize yourself coming back to your normal routine without needing to back track.

Holiday Weight Gain?

Adults typically gain between 1-5 pounds over the holidays - but the more troubling statistic is that most never take the weight off.
Year to year that adds up!

**According to a 2015 review published in Physiology & Behavior*

Define Your Goal for Success?

**reasonable and measurable*

☐ **Eat before you go!** make the celebration a time to socialize instead of indulge. The foods available tend to be high in processed sugars and saturated fat. Don't walk in hungry.

☐ **Stay hydrated but don't drink your calories.** Hydration can help control cravings. Plan a glass of water between each alcohol drink. Careful of high calorie mixers like egg nog and sodas.

☐ **Plan at least 15 minutes of activity before and after dinner.** Turkey trot? Family-fun-run? Walk the dogs? Game of Twister?

☐ **Know how to navigate the table before you sit down.** What's usually available? Make half your plate high fiber non-starchy veg, 1/4 lean protein (white meat over dark meat) and 1/4 of your plate should be starches (stuffing, potatoes, etc). **Keep the plate method in mind.** Have more than one helping - just be mindful.

☐ **Stop eating when you feel full** - don't reach for seconds within the first 20 minutes of the meal. Put your fork down between bites. Try timing yourself to know when you begin to feel hungry.

☐ **Social Comebacks!** Is there a person that will continue to push that extra drink or plate of food. Have a confident response to redirect their attention.

☐ **Dessert: use and plate and shrink it.** Grazing on those high sugar foods may only lead to losing count of those extra indulgences.

☐ **Keep the best leftovers in mind.** High protein white meat turkey can make great leftovers for lunches. The extra pumpkin pie may be a opening the door for bingeing!

☐ **Enjoy! Keep in mind the 80/20 rule.** Keep on top of your healthy eating but find those one or two items that may just define your holiday and plan for them.



EVERY 3-4 HOURS

Keep your body fed. Metabolism and blood sugar are controlled largely by your lean muscle. Feeding your lean muscle every 3-4 hours will promote feelings of satiety and sustain energy. Eating before or after these times may be compromising your health goals.

PROTEIN + FIBER

Prioritize foods that take longer to digest and keeps your body working longer. Foods that keep you feeling fuller longer will keep you feeling more satisfied. These food control blood sugar and stabilize your energy. Protein helps maintain lean muscle. Fiber helps maintain blood sugar and cholesterol.

HYDRATION

Water, unsweetened teas, and seltzers support healthy digestion - helps metabolize food for energy and control food cravings. It's easy for our minds to confuse under hydration with cravings for sweet and salty snacks.

