



A Healthy Approach to Holiday Eating

Presented by:

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HealthSmart Wellness Program



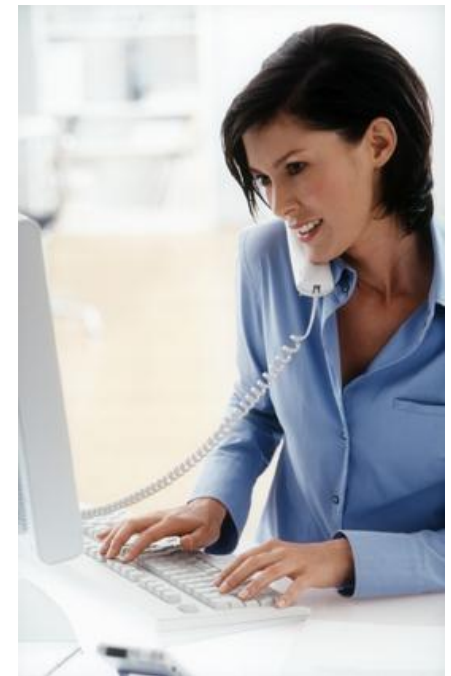
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- The Wellness Coach Program will assist you in establishing personal health goals, provide you with educational information and help move you toward positive lifestyle changes.

For more information regarding the Wellness Coach Program, please contact the Wellness Coach Team at:

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Holiday Blunders

- The holidays are a time to enjoy friends, family and food
- Food is often the center of holiday gatherings
- On average, Americans gain approximately one to two pounds during the holiday season
- Luckily, these extra pounds can be avoided by using simple strategies
 - Mindful eating
 - Moderation
- Learn how to stay on track and eat dessert too!



Tip #1: Do not skip meals!



- Skipping meals can lead to overeating
- Don't starve yourself beforehand!
 - Eat a small snack such as fruit and nuts
- Eat breakfast!
 - Research shows those who eat breakfast consume fewer calories throughout the day
- Include high fiber foods such as fruits, veggies, whole grains
 - Increased volume
 - Increased satiety
 - Lower in calories



Tip #2: Choose carefully

- Holiday meals tend to be large, buffet-style with a wide variety of foods
- Choose carefully from the array of foods and categorize



- Foods you definitely will eat
- Those you will sample
- Those you will skip



Tip #3: Control your portions



- With food readily available, it can be easy to take a big scoop and go back for seconds or even thirds
- Control your portions by:
 - Using a smaller plate
 - Filling your plate with veggies/salad before going to entrees and dessert
- Common mistake: Eating large portions of foods perceived as healthy



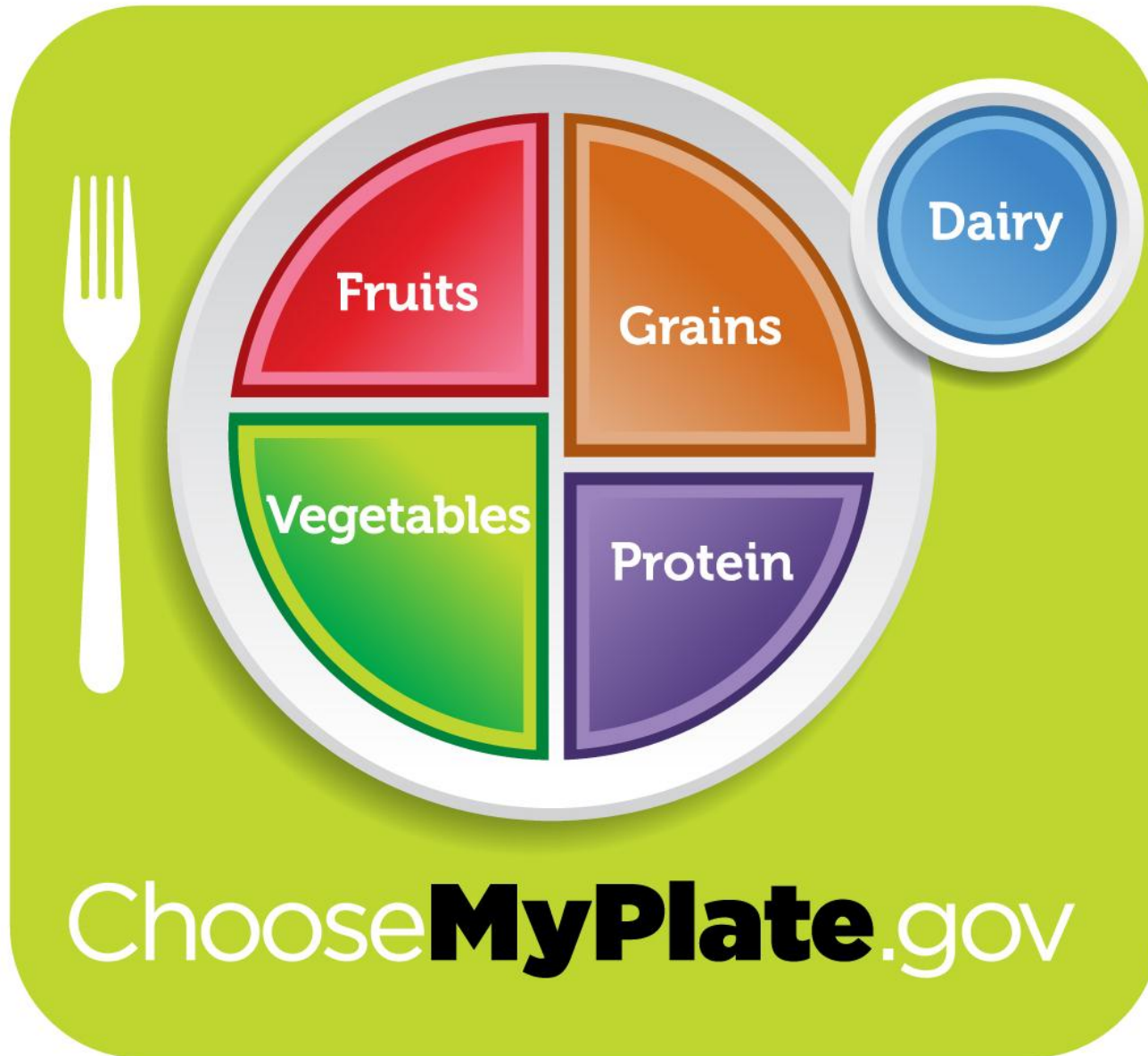
Tip #3: Control your portions



- Limit portions of high calorie/high fat foods
 - Creamy foods
 - Cheesy foods
 - Gravies
 - Fried foods
- Choose only 1 dessert!
 - ½ cup fruit cobbler
 - ⅛ of an 8-inch pie
 - 2-inch square cake
 - 2 small cookies
 - ½ cup ice cream



Tip #3: Control your portions



Tip #3: Control your portions

- 3-4 oz meat = palm of hand
- 3 oz fish = checkbook
- 1 cup = fist
- ½ cup = cupped hand
- 1 Tsp = tip of thumb



Tip #4: Don't rush

- It takes ~20 minutes for your brain to receive a signal of fullness from your stomach!
- Don't rush!
 - Eat slowly and savor each bite
- Wait 10 minutes before you go back for seconds to decide whether you are truly still hungry



Tip #5: Socialize away from the food



- Don't go straight to the food
 - Socialize and settle into the festivities before you eat
- Mindless eating can stack up calories quick
- Minimize mindless eating by socializing away from the buffet or appetizers



Tip #6: Alcohol in moderation



- Start with calorie-free, nonalcoholic beverage to satisfy your thirst before having an alcoholic drink

Guidelines

Women: 0-1 drink per day

Men: 0-2 drinks per day

1 Drink = 12 oz beer,
5 oz wine, 1 ½ oz distilled spirits



Tip #7: Fit in some physical activity



- Don't forget to include some physical activity for the day!
 - Start a family tradition
 - ✓ Sign up for a turkey trot or 5K with your family
 - ✓ Play a game flag football
 - ✓ Go for a walk with family members
 - ✓ Play catch



Cooking Tips



- Reduce fat and calories by swapping out a few ingredients without sacrificing taste

- Instead of:

1. 1 egg
2. Oil, margarine, butter in muffins or quick breads
3. Butter, margarine for potatoes
4. High fat dips, sauces, pie toppings
5. Fried onion rings
6. High fat cheeses for salads and casseroles
7. Heavy Cream

- Replace with:

1. 2 egg whites
2. Applesauce, mashed bananas
3. Low-sodium, fat-free chicken broth
4. Fat-free yogurt, sour cream and whipped topping
5. Sliced almonds
6. Reduced-fat or low-fat cheeses
7. Evaporated skim milk or low-fat yogurt



Healthy Holiday Recipe Websites



- Holiday & Seasonal Recipes: Medicinenet.com - <http://www.medicinenet.com/script/main/art.asp?articlekey=58593>
- Recipe Makeovers: Eatingwell.com - http://www.eatingwell.com/healthy_cooking/recipe_makeovers
- Recipe Makeovers: Holiday Classics: Cookinglight.com – <http://www.cookinglight.com/eating-smart/recipe-makeovers/lighten-up-holiday-classics-00400000033944/>
- General Healthy Recipes: American Heart Association – http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Recipes/Recipes_UCM_001184_SubHomePage.jsp



Recap

- Enjoy your holiday meal without overindulging by using
 - Mindful eating
 - Moderation
- Start a new tradition by including a family walk or game of flag football for some physical activity
- Enjoy alcohol in moderation and stay safe this holiday season!
- Makeover your holiday recipes by swapping a few ingredients



Questions?





For additional information, please contact:

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