Healthy Holidays

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Presentation Goals

- Discuss common holiday health concerns
- Identify the health benefits of some favorite holiday foods
- Review behavioral tips for making healthy food choices
- Discuss recipe modifications
- Review stress & staying active during the holidays
Holiday Eating Worries

- Weight gain
- Making unhealthy food choices
- Overeating
- Stress
How much weight does the average person gain between Thanksgiving and New Year’s Day?

- Average holiday weight gain is between 0.75 to 1 lb. but some studied did gain 5 lbs. or more.

- Those who were overweight or obese gained more pounds than those who were normal weight.

- Most fail to lose that weight after the holiday which is one reason why our weight creeps up from year to year.

Weight Gain Prevention

- Change your mindset
  - Don’t expect to lose weight during the holiday season
  - Focus on not gaining weight

- Plan to keep a regular exercise pattern to allow some flexibility in your food choices

- Splurge on foods that make your holiday meaningful

- Focus on portion size

- Keep an eye on foods that have health benefits
# Benefits of Your Favorite Holiday Foods

<table>
<thead>
<tr>
<th>Holiday Food</th>
<th>Benefits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Party Nuts</td>
<td>Great source of heart-healthy unsaturated fat &amp; fiber</td>
</tr>
<tr>
<td>*Serving = 1oz (approx. 22 almonds)</td>
<td></td>
</tr>
<tr>
<td>Turkey</td>
<td>Best source of protein at the meal. Contains Vitamins B6, B12, choline, selenium &amp; zinc</td>
</tr>
<tr>
<td>*Serving = 3oz (deck of cards)</td>
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<tr>
<td>Mashed Potatoes</td>
<td>Contains Vitamin B6, potassium, copper &amp; vitamin C</td>
</tr>
<tr>
<td>*Serving = ½ cup</td>
<td></td>
</tr>
<tr>
<td>Sweet Potatoes</td>
<td>Contains fiber, vitamin A (beta carotene), vitamin C, potassium &amp; manganese</td>
</tr>
<tr>
<td>*Serving = 1 medium potato</td>
<td></td>
</tr>
<tr>
<td>Green Beans</td>
<td>Low in calories, practically every vitamin &amp; mineral is present</td>
</tr>
<tr>
<td>*Serving = 1 cup = 45 calories</td>
<td></td>
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<tr>
<td>Root Vegetables</td>
<td>Choose a variety to get most vitamins &amp; minerals like vitamin C, beta carotene &amp; folate</td>
</tr>
<tr>
<td>(turnips, beets, carrots, parsnips)</td>
<td></td>
</tr>
<tr>
<td>Corn</td>
<td>Full of antioxidant phytonutrients. Excellent source of fiber (5gm per cup)</td>
</tr>
<tr>
<td>Baked Apples</td>
<td>High water content, fiber vitamins, minerals &amp; antioxidants – include cinnamon for additional benefits</td>
</tr>
<tr>
<td>Cranberry Dishes</td>
<td>Antioxidants such as vitamins C &amp; E</td>
</tr>
<tr>
<td>Pumpkin Pie</td>
<td>Excellent source of fiber, manganese, phosphorus, copper, magnesium &amp; zinc</td>
</tr>
</tbody>
</table>
Healthy Holiday Tips - Before the Event

- Do NOT skip meals
  - “Saving up” calories can lead to feeling hungry & sets you up to not be in control which can lead to overeating

- Eat a snack before you leave home
  - Avoid feeling too hungry when you arrive

- Be the change
  - If you’re hosting – include low calorie foods – fruits, vegetable tray, deviled eggs and lean meats
  - If you’re attending – bring a healthier option like a vegetable or fruit tray
Healthy Holiday Tips – At the Event

- Don’t hang out near the food – find a spot across the room & focus on visit with people

- Survey the entire table before you starting setting your plate.
  - Decide what foods are worth eating & will enjoy the most
  - Don’t waste calories on foods that don’t bring pleasure

- Watch your portion sizes – do NOT cover your plate completely with food
Healthy Holiday Tips

- Drop out of the “Clean Plate Club”
  - Leave a few bites behind every time you eat – especially if you’re not enjoying it

- Eat your calories vs. drinking them
  - Stick to lower calorie or non-calorie beverages
  - Mixed drinks like eggnog and punches can add up to 500 calories per cup

- Sip a large glass of water between every alcoholic drink, non-alcoholic punch, or eggnog
  - Keeps you hydrated & you will drink fewer calories
Healthy Holiday Tips

Enjoy your favorite holiday treats & focus on:

- Smaller portions
- Eat slowly
- Savor the taste
Recipe Modifications

Alter your traditional recipes to reduce fat & calories

- Substitute skim milk & low-fat options for higher-fat products
- Using 2 egg whites in place of 1 egg can reduce dietary cholesterol and produce the same result
- Use fat-free Greek yogurt in place of sour cream or mayonnaise
- Try sliced or slivered almonds to add crunch vs. fried onion rings or croutons
- Choose low sodium broths to cut down on sodium in recipes
Recipe Modifications

Try switching from:

- Evaporated **Whole** Milk to Evaporated **Skim** Milk:
  - Saves 143 calories and 15 gm fat per 8 fl. Oz.

- **Heavy Cream** to Evaporated Skim Milk:
  - Saves 604 calories and 83 gm fat per 1 cup

- Regular Cream Cheese to Lite or Fat Free
  - Saves between 40-70 calories and 5-10 gm fat per 1 oz.
Cooking Tips

- **Meat, Poultry & Fish**
  - Season with herbs and spices vs. salt, sauces and butter
  - Cook on a rack so the fat drips off
  - Choose low sodium/low fat broths

- **Soups & Salads**
  - Use a pureed potato in place of cream to thicken soups
  - Substitute beans for meat in chili
  - Try flavored vinegar and olive oil dressings
  - Use orange or lemon juice in place of some oil in homemade dressings
Cooking Tips

- **Casseroles**
  - Use egg whites or egg beaters vs. the whole egg
  - Reduce the amount of margarine/butter or use a lite version
  - Use fresh or frozen ingredients vs. canned

- **Stuffing**
  - Use low fat/lite butter/margarine
  - Use egg whites or Egg Beaters
  - Try chicken or turkey sausage vs. pork sausage
  - Use fat-free, low-sodium chicken broth
  - Use a whole grain bread
Cooking Tips

- Mashed Potatoes
  - Make with low-fat cream cheese or whipped butter
  - Replace some of the potatoes with steamed cauliflower
  - Use 1% or 2% milk or low-fat buttermilk in place of the heavy cream

- Corn Bread
  - Use low-fat buttermilk
  - Use egg whites or Egg Beaters instead of whole eggs
  - Cut down on the oil – add a splash of milk or applesauce
Baking Tips

- Add flax meal and wheat germ to batters
- Use unsweetened applesauce, yogurt or pumpkin puree in place of oil
- Use Egg Beaters in place of eggs
- Experiment with teff, quinoa, oat and garbanzo-fava bean flours
- Use a few tablespoons of oat-bran in place of flour to add fiber
Baking Tips

- Use oil in place of melted butter or margarine
- Choose margarines and other fats that do not contain partially hydrogenated oils
- For some recipes you can remove ¼ of the sugar without impacting taste or texture
- Toast nuts to make them more flavorful & use less than the recipe calls for
Address the Stress

- Keep healthy snacks on hand
- Schedule enough sleep (aim for 7-8 hours)
- Schedule quiet time
- Be active each day – break it up into smaller sessions like a 10 minute walk a few times a day
- Enjoy your holiday – it’s ok to say no because you need to rest
Stay Active

Celebrate with activities

- Plan activities and quality time beyond your meals
  - Virtual Turkey Trots and other events
  - Ice Skating
  - Playing a game
  - Walking around a festive park or square
  - Volunteer
Exercise

- Stay flexible – you might miss some workouts but sneak in exercise when you can – like taking a walk after a large meal

- Travel & Exercise
  - If you have a gym membership ask if you have access to a national network of gyms
  - Or ask for a guest pass at a local gym
  - You can walk, run or climb stairs
  - Travel with rubber resistance bands for resistance training

- Get back to your regular routine when you get home!
Helpful Resources


- Cook for your Life: https://www.cookforyourlife.org/
Questions?

Don’t Gobble till You Wobble