The Gift of Health
Learning objectives

The Gift of Health

• Learn tips to survive holiday parties
• Understand proper portion control
• Discover healthy cooking and baking substitutions
• Take away tips for maintaining your weight
• Practice relaxation techniques
How many pounds does the average U.S. adult gain over the holiday season?

A. 0-1 pound
B. 1-3 pounds
C. 3-5 pounds
D. 5-10 pounds
Energy balance

- Healthy eating and physical activity together will help you manage your weight
- Difference between calories you take in and calories you use up
Tips for surviving the holiday events

• Eat before you go
• Follow the 50% rule – Fill half of your plate with fruits and veggies
• Bring a healthy dish
• Focus on the people
• Ramp up activity earlier in the day or week
• Alternate alcoholic drinks with water
## Traditional Holiday Meal

<table>
<thead>
<tr>
<th>Traditional Holiday Goodie</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 oz turkey, dark + white, with skin</td>
<td>350</td>
</tr>
<tr>
<td>1 cup homemade stuffing</td>
<td>400</td>
</tr>
<tr>
<td>12 cup turkey gravy</td>
<td>140</td>
</tr>
<tr>
<td>1 cup candied sweet potatoes</td>
<td>300</td>
</tr>
<tr>
<td>1/2 cup cranberry sauce</td>
<td>200</td>
</tr>
<tr>
<td>2 rolls with butter</td>
<td>300</td>
</tr>
<tr>
<td>1 cup peas with butter</td>
<td>150</td>
</tr>
<tr>
<td>1 slice pecan pie</td>
<td>460</td>
</tr>
<tr>
<td>1 cup eggnog</td>
<td>224</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>2524</strong></td>
</tr>
</tbody>
</table>

### Healthier Holiday Goodie

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 oz roasted turkey, white, trimmed</td>
<td>130</td>
</tr>
<tr>
<td>1/2 cup boxed stuffing</td>
<td>200</td>
</tr>
<tr>
<td>1/3 cup turkey gravy</td>
<td>100</td>
</tr>
<tr>
<td>1/2 small baked sweet potato, pat of butter, dash of cinnamon</td>
<td>80</td>
</tr>
<tr>
<td>1/4 cup of cranberry sauce</td>
<td>100</td>
</tr>
<tr>
<td>1 roll, 1/2 pat of butter</td>
<td>150</td>
</tr>
<tr>
<td>1/2 cup peas (sub hot sauce for butter)</td>
<td>60</td>
</tr>
<tr>
<td>1 small slice pumpkin pie</td>
<td>190</td>
</tr>
<tr>
<td>1 cup low-fat egg nog</td>
<td>190</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>1200</strong></td>
</tr>
</tbody>
</table>
How much extra physical activity would you need?

**Traditional Meal**
- 2524 calories
- 6.6 hrs of walking (3mph for 180lb person)

**Modified Meal**
- 1200 Calories
- 3.25 hrs of walking (3mph for 180lb person)

Traditional Meal = 3.35 more hours of walking
Healthy cooking and baking substitutions

**Turkey**
- Instead of roast turkey with skin ➔ eat skinless

**Green bean casserole**
- Instead of cream soup ➔ cook fresh beans with chunks of potato
- Instead of fried onion rings ➔ top with almonds

**Mashed potatoes**
- Instead of whole milk and butter ➔ use skim milk, chicken broth, garlic and Parmesan cheese
Healthy cooking and baking substitutions

**Gravy**
- Refrigerate to harden the fat, then skim off

**Dressing**
- Use a little less bread and add more onions, garlic, celery and vegetables
- Add fruits such as cranberries or apples
- Moisten or flavor with low fat/low sodium broth and applesauce

**Desserts**
- Make a crust-less pumpkin pie
- Substitute two egg whites for each egg
- Replace heavy cream with evaporated skim milk
Consider your sips

### Popular Holiday Beverages
*(8 ounce servings)*

<table>
<thead>
<tr>
<th>Beverage</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>White Russian</td>
<td>710</td>
</tr>
<tr>
<td>Mud Slide</td>
<td>590</td>
</tr>
<tr>
<td>Eggnog</td>
<td>350</td>
</tr>
<tr>
<td>Peppermint Mocha</td>
<td>235</td>
</tr>
<tr>
<td>Sparkling Cider</td>
<td>140</td>
</tr>
<tr>
<td>Pumpkin Frappuccino</td>
<td>235</td>
</tr>
<tr>
<td>Hot Buttered Rum</td>
<td>209</td>
</tr>
<tr>
<td>Pumpkin Latte</td>
<td>205</td>
</tr>
<tr>
<td>Champagne</td>
<td>182</td>
</tr>
<tr>
<td>Hot Chocolate</td>
<td>212</td>
</tr>
</tbody>
</table>
Try this!

Pomegranate-Cider Punch

2 bottles sparkling cider
1/2 cup brewed tea
1/2 cup orange juice
1 ½ cups pomegranate juice

Combine ingredients in a large bowl or pitcher. Chill before serving.

117 calories / 8 ounce serving
The holidays are about balance...
Managing your stress

Feeling overwhelmed? It happens

- It’s normal to feel stressed, sad, overwhelmed
- Tell yourself it’s ok
- Acknowledge these real feelings instead of burying them behind a brave face

Let it go

- Focus on the things you can control

Plan ahead

- What stresses you out every holiday season?
- Be pro-active this year and get a head start on preventing or managing these stressors
Additional ways to manage your stress

• Take a break
• Do things you enjoy
• Volunteer
• Journaling
• Spend time with your friends and family
• Set realistic goals
• Cut down on caffeine
• Face the problem and get advice from others
• Laugh
Remember to stick to your plan

- Keep structure
- A little exercise goes a long way
- Pick your pleasure
- Be realistic
- Be mindful
What are some of your tips?
Summary

Maintain – don’t gain

• Start the New Year without having to compensate for what happened during the holidays

Focus on the people

• The Holidays are about spending time with those you love and care about

Enjoy holiday food – in moderation

• Enjoy the turkey and stuffing and pie, just be mindful of how much you are serving yourself

Stress management

• Plan Ahead
  • Be grateful for what you already have
  • Be sure to schedule YOU time
Thank you