



Landman &amp; Associates, Inc.



## Holidays Eating: Tricks and Treats!



## Nutrition Tips for the Holidays

Does the word "holidays" conjure up images of cookies and pies, gorging yourself on turkey and all the trimmings, resulting in gaining an extra 3-5 pounds by January 2011? Make this holiday season different with healthy alternatives and smarter recipes and it doesn't have to!

### Holiday Strategies- Weight Maintenance-Not Loss

1. Be realistic. The average American gains 3-5 pounds between Thanksgiving and New Year's Day. One Thanksgiving meal alone can add up to well beyond 4500 calories! Trying to lose weight during the holidays can be an uphill battle. Instead, set your goal at maintaining your weight during the holidays...now that would be an accomplishment!

### Parties- No Hunger Policy- Be In Control!

2. Do not arrive at holiday parties hungry! Nine out of 10 individuals will overeat if they skip meals. Our bodies are designed to eat every four to five hours. Skipping meals to "save calories" for party eating will set you up for failure. Eat a light meal consisting of a protein and carbohydrate, such as: half turkey sandwich, apple and peanut butter, fruit and cottage cheese, yogurt, fruit and granola topping, hummus and veggies, vegetable bean or chicken soup, protein bar, etc. Eating a light snack will enable you to arrive in control of your appetite and actually eat less.

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#### Coming Soon

#### Nutrition Presentations:

**Supplements**-How do you know you are taking the right one? What is good for: Diabetes, Heart Health, Bone Health, Gastrointestinal Health, Detox, Memory, AntiAging.

**Gluten Free Diets**- Who needs them and how to make them healthy and delicious. Products and recipes discussed.

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### Exercise Through The Holidays

3. Keep exercising during the holidays. Exercise will help burn off the additional calories you consume from extra eating and drinking.

You have to walk approximately 30 minutes at 4 miles per hour to burn off one small slice of pumpkin pie!

### Alcohol Interspersed with Sparkling Waters

4. Limit your alcohol intake to one to two drinks. Calories from alcohol add up quickly, particularly if you are consuming mixed drinks. They also let your guard down if you have not eaten, and before you know it, that party was fun but may have cost you 1000 calories!

### Show It OFF- Keep The Clothes Tight!

5. Wearing fitted clothes will let you know if you are overdoing it with food and drink. Loose-fitting clothes do not signal you that your body is quickly and exponentially expanding without your knowledge or permission!

### Tried and True For Every Occasion and In-between- Vegetables & Fruits

6. Fill up on vegetables and fruits. They are loaded with vitamins, minerals and disease-fighting phytochemicals, while low in calories. The fiber in these foods may help you feel full and leave less room for high-calorie, tempting treats.

Make sure you bring veggie and fruit snacks to work for morning and afternoon snacking. You will get hungry and there will be lots of fun foods to eat during this time of year!

### Philanthropic Giving

7. Donate food gifts to a food pantry. Don't even tempt yourself by bringing holiday favorites home.

### What a Wonderful Friend You Are!!!

8. Offer to bring a dish to holiday gatherings. If you can, bring a healthy dish with you, that is your insurance that you can fill up on something you know is healthy and reduce the higher calorie items.

### Prepare Foods Smarter for Lower Fat & Sugar Calories

9. Lighten up meals that you prepare. You can try some of the following ideas:

- \* Make a list before grocery shopping. (And be sure you don't shop when you're hungry!)
- \* Serve meals on smaller plates.
- \* When preparing turkey, choose a plain bird, rather than a self-basting bird.
- \* Remove the skin on turkey before eating.
- \* Use a gravy cup or refrigerate the pan juices and skim the fat off the top before making gravy. (It can remove up to 56 grams of fat per cup of gravy.)

\* When preparing dressing, use a little less bread and add more onions, celery, vegetables and even such fruits as cranberries and apples.

\* Leave out the margarine and marshmallows when preparing yams. Instead, sweeten the dish with fruit juice, such as apple, and flavor it with cinnamon.

\* When preparing mashed potatoes, use skim, soy or almond milk, garlic powder and a little parmesan cheese instead of whole milk and butter.

- Have fun until the next nutrition tip!!!

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