

Healthy Holiday Eating 2016



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WELCOME

11 Health Tips to help you get through this Holiday Season



Tip #1: Stable Weight

1- Focus on keeping your weight stable instead of trying to lose weight

Try to weigh yourself at the beginning of the holiday season. Make sure you stay in and around this weight throughout the festive times.

If you see that the scale is creeping upward, practice your weight loss strategies:

- o No starch at supper
- o An afternoon snack with protein
- o No more than 100 calories at night time
- o Keep active; walk, shovel, snow play!



Tip #2: Make a plan

2- Make a plan.

Enjoy the foods you love at this time of the year. Those great tasting special holiday foods only come once per year.

To compensate, avoid the foods that you can have any time of the year.

- o Eat the meat pies & fruitcake. They are SPECIAL.
- o Leave the chips & turtles alone. You can buy these anytime.



Tip #3: Veggies First



3- Vegetables first on the plate

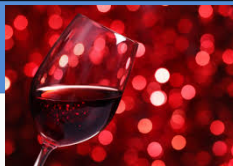
Our eyes are bigger than our stomachs. You will always put more on your plate of the first thing.

- o Load up on the veggies first
- o Then the protein
- o Last is the starch

For the dessert table, the same thing... start with the lowest calorie dessert first (fruit) and move up from there.



Tip #4: Beverages



4- Choose your beverages wisely

Bring on the EGGNOG! ... at close to 300 calories per small glass. Alcoholic beverages are loaded with empty calories.

Have one glass of a higher calorie beverage, and then switch to something **low calorie** for the rest of the evening.

Offer to be 'DD'



Tip #5: Parties



5- Don't go to parties hungry

If you're "starving" when you get to a party, you will overeat.

- o Plan a snack
- o Good choices: Cup of Soup, Veggies & Dip
- o Tomato juice to fill the void
- o Fruit & yogurt
- o Apple & a piece of cheese or nuts
- o During the Holidays, keep a fresh batch of vegetable soup on hand at all times. Have some before heading out to the buffet!



Tip #6: Portion sizes

6- Watch your portion sizes

To help with this, do **the plate on plate** method: the smaller bread and butter plate for the protein and starch; the larger dinner plate for the veggies.

Same goes for the desserts; the higher calorie desserts go on the smaller plate.



Tip #7: Hands Busy

7- Keep "something" in your hands

Keeps your hands busy, and you're less likely to eat without thinking. Try to keep something in both hands at all times.

- o A drink, a straw, a napkin, a tooth pick
- o A business card
- o A piece of MISTLE TOE
- o Even a pet rock will do!



Tip #8: Recipe Modifications

8- Make your favourite recipes healthier. Go to (www.dietitians.ca/recipeanalyzer)

Original ingredient	Healthier substitute
1 whole egg	2 egg whites
Sour cream	Low fat plain yogurt
Heavy cream	2 tbsp flour in 2 cups skim milk
Whipped cream	Chilled evaporated skim milk
Semisweet chocolate (1 oz)	3 tbsp cocoa powder plus 2 tbsp vegetable oil
1 cup fat (butter, oil, shortening, etc) in baked goods	1/2 cup of fat plus 1/2 cup unsweetened applesauce



Tip #9: Conscious clothes

9- Wear body conscious clothes

Always wear a 'SNUG' waist band over the holidays. This will help you be more conscious of your overeating.

- o Forget the 'stretchy' pants
- o Wear tight fitting pants
- o Do not untie the pant button
- o Put a string around your waist in the morning



Tip #10: Be Active

10- Be physically active every day

Remember that your goal is **weight maintenance...** so get moving to burn those extra Holiday calories.

- o Walk, run, snow shoe, hike
- o Regular gym routine
- o Play in the snow
- o Ski- downhill & cross country
- o Skating – blades and roller
- o Walk at the local mall or arena



Tip #11: Damage Control

11 - Damage control - 1 day of surplus = 2 days of deficit!
If you overeat at any party, don't give up!

For one day of overeating, it takes 2 days of calorie deficit to balance it all out.
So you have 2 days after the party to eat a little less and exercise a little more!



Thank You!
Merci!
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