

Holiday Eating- How to avoid gaining weight!

Susan Buckley, RDN

South Denver Cardiology Associates

Holiday Eating



- Do you suffer from one of the most common eating disorders in America?
- It happens every year between Halloween and New Year's Day
- Seasonal Overindulgence Disorder . . .

Holiday Eating

- **Holidays create a “perfect storm” for eating way too much.**
- They combine some of the worst cues and triggers for overeating: family drama, too much food (much of it sweet and fatty), alcohol, tradition and ritual, stress eating, and the attitude of “why not – it’s the holidays.”
- All too frequently the default then becomes: “I’ll start my diet in January!”

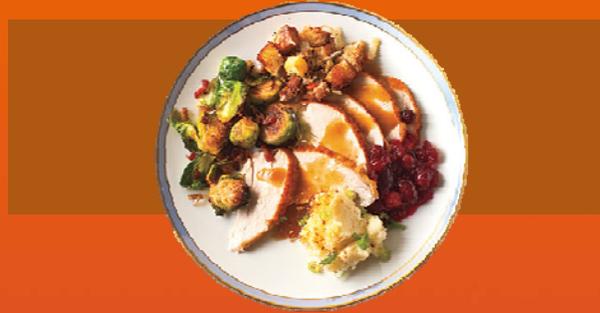
Holiday Weight Gain



Picture yourself at your last big holiday meal

- Did you pile your plate with food?
- Did you take some – or a lot – of everything, whether or not each food was a particular favorite?
- Did you dig in when everyone else did and chat while eating, never even pausing to put down your fork?

Holiday Weight Gain



When that first plate of food was gone, did you automatically seek seconds?

Holiday Weight Gain

- If that sounds familiar, you probably ate more than you actually wanted or needed
- You probably didn't ENJOY it as much as you thought you would, especially when the meal was over and you were left feeling *uncomfortably full*





I'm stuffed!

Now picture this....

- At your next festive gathering, you serve yourself some delicious food taking just the amount you want of only those foods you love best
- Before digging in, you sit for a moment, even as those around you start eating, and you take in all the sights, scents and sounds of the holiday table
- Then you lift your fork and taste, pausing to notice exactly how your food smells, its temperature, how it feels in your mouth, savoring its flavors

Now picture this....

- As you chew, you set down your fork
- Only when you've fully enjoyed and eventually swallowed that first bite do you take another
- By the end of the meal – which you are last to finish – you are *truly satisfied*



Holiday Weight Gain

- Which scenario sounds more celebratory?



versus



- The second scenario not only allows you to enjoy your food more, but can also help you manage your weight during the holiday season and beyond
- Practice known as *mindful eating*

Holiday Weight Gain

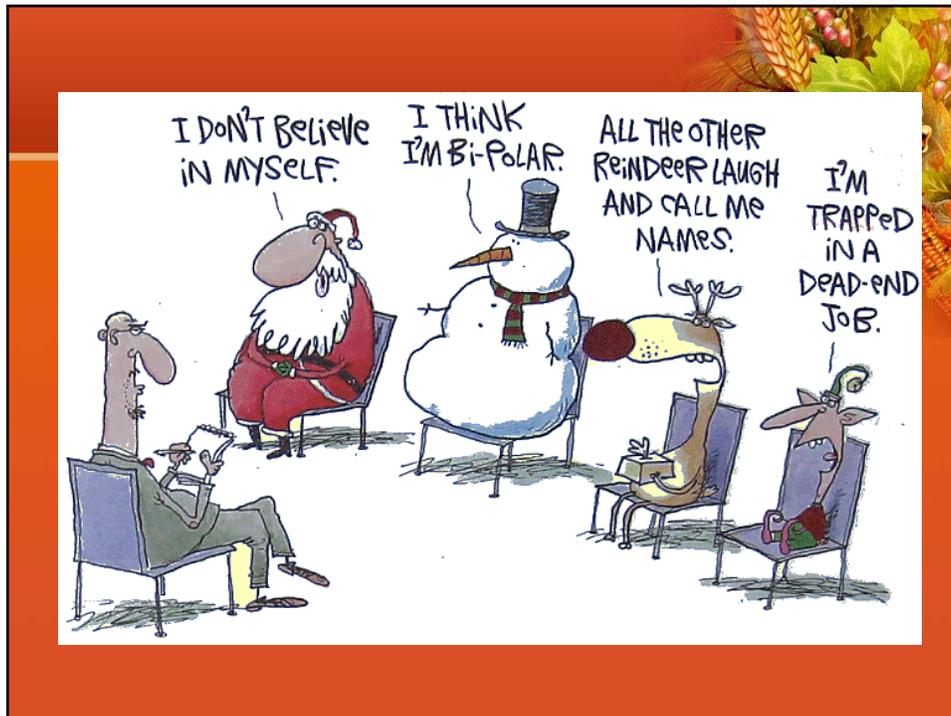
- The winter holiday season lasts for weeks
- There are more parties, more potlucks, more food gifts, more cookies and well, just more everything!
- Then there's the *stress*. Buying gifts, volunteering, decorating, cooking and party hopping often take the place of cooking healthy meals at home or hitting the gym.

What is stress?



"STRESS"

THE CONFUSION CREATED WHEN
ONE'S MIND OVERRIDES THE
BODY'S BASIC DESIRE TO CHOKE
THE LIVING DAYLIGHTS OUT OF
SOMEBODY WHO DESPERATELY
NEEDS IT !



Holiday Weight Gain



- One of the most important things you can do in order to NOT GAIN WEIGHT – is to PLAN AHEAD
- Too many times we try to *wing it*
- “Oh well, I’ll just try to make good choices”
- Too vague!
- **WHAT** are you going to do? Be specific!

Holiday Weight Gain



- Think about how you want this holiday season to go
 - Plan your meals and snacks in advance so you can enjoy your favorites and still stay on track.
 - Before you head to another party or sit down for a holiday dinner, pre-track your food for the day.
 - Allow and PLAN FOR your indulgence
 - You can have ANYTHING you want just NOT EVERYTHING!
 - Ask yourself – what do I REALLY want?
- 

Have a Plan



- Have your own personal rules and swaps for what you will or won't eat and commit to sticking with them ahead of time.
- Your rules are an integral part of your game plan
- Examples might be: I really want pecan pie for dessert so I'll only have one biscuit without butter with my meal.
- Or, I'll only take two hors d'oeuvres from the passed trays at a cocktail party.
- This will both limit how much you eat and will also make you think carefully and choose what you really want instead of randomly sampling everything.

Have a Plan



- Decide what's really worth an indulgence.
- Then fill up on the lower calorie volume foods — like vegetables — so you won't have tons of room left for the splurges.
- If you're a sucker for desserts, stick with lean protein and veggies for your main course followed by a reasonable slice of cheesecake.
- Or if the stuffing and au gratin potatoes are calling your name, have them, but skip or skimp on the desserts.

- 
- **Practice mindfulness.** Take five deep breaths before your meal and chew every bite slowly.
 - Really focus on the flavors, colors and smells of your food.
 - Try to put your fork down between bites, and breathe through your nose while you eat.
 - **Express gratitude** with others before your meal. Halfway through your meal, put your fork down and take a pause. Take three deep breaths and assess your hunger on scale of 1 to 10.
 - Ask yourself how much more you need to feel **satisfied yet energized and comfortable.**

Holiday Weight Gain

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- Ask yourself these questions:
 - How do I want to feel on January 1st?
 - Can I still enjoy the holidays WITHOUT overindulging??



Holiday Weight Gain



- Find places to cut back on calories in order to splurge a little more on your holiday meal, for example.
- Decide which foods which foods are important to you
- Decide which foods you'll have (and how much) and use your food log to stay on track

Holiday Weight Gain

- **Make a deal (with yourself) that you can eat what you want during dinner.**
- Put the food on your plate, eat it with a fork, and enjoy every last morsel.
- Clean your plate if you want to.
- But – that's it.
- **No seconds and no double-decking the plate.**



Just Say No (Politely, of Course)

- Your family members may pressure you to eat more than you're comfortable with, or guilt you into sampling rich foods that you'd rather leave off your plate.
- Be polite but firm and pay attention to the way you phrase your response.
- You might respond, "That looks really delicious, but I'm full and working hard not to overeat."
- In other words, say something that will enable you to forgo the dish without hurting anyone's feelings.

Say "NO" to the Food Pushers

- Say no to the friends and relatives who push the extra piece of pie and the second helping of stuffing, or who constantly refill your drink.
- You're the one stepping on the scale or zipping up your jeans the next day – not them.



Food Pushers

- If a food pusher, friend or relative asks you why you're not indulging at a party, tell them, "I'm here for the people, not just the food."



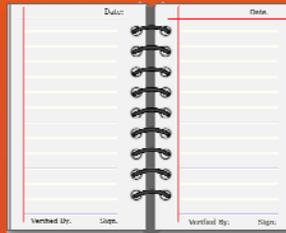
Holiday Weight Gain

- **Get rid of leftovers.**
- Leftover stuffing has defeated the best-laid plans and don't nibble during clean up (or preparation for that matter).
- Broken cookies, pieces of pie crust, and the last bits of stuffing haven't magically lost their calories.



Holiday Weight Gain

- Keep a food log
- People who keep food logs are twice as successful at weight loss as people who don't
- Even if you don't plan to lose weight during the holidays, a food log may help keep you from GAINING!



Apps and Websites for Food Logs

Lose It!

Calorie Counter

Meal Snap

Myfitnesspal.com

Sparkpeople.com

Calorieking.com

Fitday.com

Food Log		Fat	Kcal
Breakfast			
<input type="checkbox"/>	Quaker, Quaker Oat Bran Cereal 2 x 1.25 cup	65	194.5
Lunch			
<input type="checkbox"/>	Wild rice, cooked 1 x 1 cup	0.6	165.6
<input type="checkbox"/>	Chicken, stewing, meat only, raw 1 x 1 unit (yield from 1 lb chicken)	41.2	287.1
Dinner			
<input type="checkbox"/>	Sandwich spread, pork, beef 1 x 1 tbsp	2.6	35.3
Average daily calorie intake:		913.23	

Holiday Weight Gain- Exercise

- Make fitness a priority!
- Food is only one part of the equation that determines whether you'll lose, maintain or gain weight.
- Fitness is just as important. Don't let your workouts go by the wayside.
- If anything, you should be trying to work out *more* than before to curb weight gain and extra eating.
- Helps reduce holiday stress!!!!



Holiday Weight Gain- Exercise

- Schedule your workout like an appointment
- You wouldn't miss work, a doctor's appointment or an important meeting or a get-together to bake cookies or do some holiday shopping, would you?
- Add your workouts to your calendar so that other obligations don't get in the way of your gym time.
- Helps reduce holiday STRESS!

Power of Exercise

- Study in the Journal of Physiology
- 26 men – divided into 2 groups
- Group 1: No exercise, increase calories by 50%
- Group 2: Run every day for approx 45 min and also increase calories by at 75%
- Overall the groups net energy surplus was the same
- Experiment lasted for 7 days

Power of Exercise

- Results were striking
- After 1 week: men who had not exercised displayed a significant and unhealthy decline in their blood sugar control
- Those who did exercise were not similarly afflicted – their blood sugar stayed in control and their fat cells did not exhibit as many changes in gene expression
- Exercise seemed to cancel out some of the damage of over eating



Holiday Eating TIPS:



- DON'T go to a party "starving."
- Don't save up all your calories so you can "splurge"
- Have a small snack before you go
- Bring a dish to the party
- Pick a healthy, low-cal recipe that you can bring.

- ...Then, no matter what kind of food is there, you'll have at least one dish you can eat with confidence

Don't Starve Yourself



- If you attempt to save up calories for a splurge, you'll probably be so hungry by the time dinner is served you'll end up shoving food into your mouth faster than you can say turkey.
- Have a protein and fiber snack (around 150 calories) and something to drink beforehand, but don't skip meals or arrive famished.
- Apple and 10 almonds and a glass of water
- Cottage cheese and peaches

Holiday Eating TIPS:



- Limit alcohol.
- It lowers inhibitions, making it more likely that you'll forget about your nutrition plan and overindulge.
- Plus, alcohol alone is pretty high in calories.
- If you can party hop without drinking at all, you'll be better off.
- If you must drink, nurse your glass slowly, choose diet-friendly drinks, and limit the number of servings

Choose your beverages wisely.

- Alcohol clocks in at 7 calories a gram.
- Alcohol with mixers adds even more calories.
- Plus, alcohol takes the edge off lots of things – including your ability to stick to your plan.
- Drink a sparkling water. It fills you up.
- If you're going to drink alcohol, try limiting the amount – think about alternating with water or seltzer.

Alcoholic Drinks:

- Wine, 5 oz = 100 calories
- Hard liquor: rum, gin, vodka, whiskey, tequila, 1.5 oz = 100 calories
- Beer “light” 12 oz = 90-100 calories
- Beer, draft 12 oz = 150 calories
- Beer, ale 12 oz = 215 calories
- Liqueur 1.5 oz = 155 calories



Holiday Eating TIPS:

- The worst thing you can do when it comes to weight management during the holidays? Give into all-or-nothing thinking and *keep* making bad choices once you've made a mistake or two.
- DO NOT fall into the mind trap of “I’ll start my diet tomorrow”
- Life is not black and white and neither are the holidays

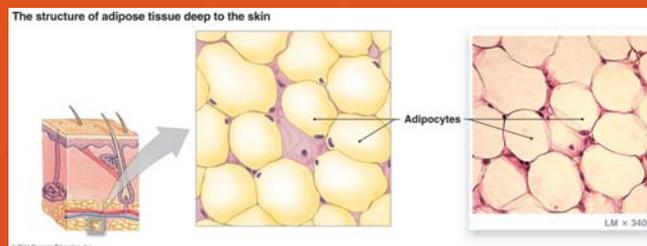


Holiday Eating TIPS:

- DON'T adopt a self-defeating and illogical mindset. Don't say, "Well, my diet is already shot, so I might as well eat all the candy."
- DON'T say, "OK, I'll just pig out between now and New Years Day, because on January 1 I am going to start the strictest diet that I've ever been on in my life."
- There is *nothing* magical about Jan 1 as a good day to start a diet. The right time is right now, even if you just finished a whole box of cookies. Your next choice can be a good one.

Holiday Eating TIPS:

- Try to remember that even if you follow a diet perfectly, you will still only lose about 1-2 pounds per week on average (not counting initial water weight loss which doesn't involve fat loss).
- 500 calorie deficit per day x 7 days per week = 3,500 calories = 1 pound



Holiday Eating TIPS:

- If you gain 8 pounds over the holidays, it will take at least 4 weeks to lose it again.
- That is at a deficit of 1,000 calories per day!
- 1,000 calories/day x 7 days = 7,000 calories = 2#
- More reasonable: 500 calories per day or 1 pound per week = 4 pounds per month = 2 months!
- Will you really do that,
or will you get off track
no later than Valentine's Day
when more sweets come your way?



Eat Breakfast



- People who skip breakfast tend to gain the weight back because they spend most of the day hungry then gorge on lunch or dinner. At least 30 g protein!
- Don't starve yourself beforehand to make up for all you will eat.
- Eat a little beforehand so that you are not ravenously hungry when you get there.
- ENJOY your food –eat mindfully
- Stop eating when you are no longer hungry.

Holiday Eating TIPS:

- Never skip meals before or after a big celebration
- This practice creates a famine/feast-famine cycle.
- To prevent overeating at holiday celebrations drink a large glass of water before you eat
- Don't stand near a food-laden table
- Place food on a plate rather than eating straight from the buffet
- Sit down to enjoy your meal

Holiday Eating TIPS:

- Bring your own food.
- Heading to a party and don't know what is being served?
 - Pick a low-cal, healthy recipe you can bring
- Have one dish you can fill up on no matter what kind of food is being served



Have a back-up Plan

- Keep your purse or desk stocked with healthy, portion-controlled emergency snacks.
- Small bags of nuts mixed with an apple, protein bars, roasted edamame, and portable fruit, like grapes and bananas.
- Having an appealing, good-for-you snack stash can help you fight the urge to gobble down tempting, calorie-laden seasonal treats at the office or head to a bakery or convenience store when hunger strikes.
- If you're traveling during the holidays, follow the same advice: Pack your own healthy snacks for the car, plane, or train so that you're less vulnerable to making bad choices.



Eat Mindfully



- Practice Awareness
- Living a balanced life includes being mindful and conscious of what you do and how you feel
- This extends into eating
- Be conscious of the eating experience as a whole
- Take time to enjoy how food tastes
- Notice texture, color, temperature



Eat Mindfully and Enjoy!



- Feeling guilty is much more likely to prompt us to abandon diet and fitness plans and sink into a regime of unhealthy eating.
- Research, by experts at the University of Canterbury in New Zealand, suggests that feeling guilty after eating a “treat” can have a long lasting effect on human behavior

Eat Mindfully and Enjoy!



- They recruited almost 300 volunteers, aged from 18 to 86, and quizzed them on their eating habits and whether they were trying to lose weight.
- They also asked them if eating chocolate cake made them feel happy or guilty.
- The results showed 27% associated it with guilt and 73% with celebration.
- When the researchers looked at weight control 18 months later, they found those riddled with guilt had gained significantly more.
- ‘Associating chocolate cake with guilt was related to an increase in weight,’ the researchers said in a report on the findings.
- But those who saw it as a celebration were, on average, more successful in losing weight.

Eat Mindfully and Enjoy!

- The study found guilt made people feel they had lost control of their eating because they indulged in cake. As a result, they were more inclined to abandon weight loss plans.
- The researchers added: 'Enjoyment of food is essential to people's well-being. This study shows those who consume a 'forbidden food' with celebration and view it as a treat do better in terms of weight management



Eat Mindfully



- Be in touch with your appetite and hunger and feelings of satiety
- When meals and eating get rushed or become a mindless activity, food is much less satisfying
- In order to derive the most pleasure out of your meals, take a moment to focus and pay more attention to what you're about to eat

Eat Mindfully

- Mindful eating is an outgrowth of a practice called mindfulness, itself an outgrowth of Zen Buddhism
- Mindfulness involves slowing down to savor all of life's details
- Notice the small things and appreciate every sensation
- As applied to eating, mindfulness offers a means of making the most of every calorie you choose to ingest and can help you make those choices



Eat Mindfully

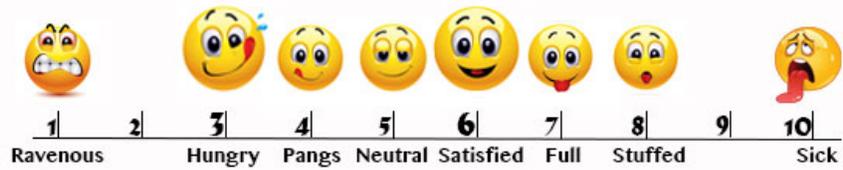
Takes 3 steps:

1. train yourself to really taste food, using all of your senses
2. next, become aware of the habits and routines that govern your eating
3. finally, tune in to your hunger and fullness, learning to distinguish between psychological and emotional hunger and true physical hunger

Hunger Scale



The Hunger Scale



Mindful Eating



- Might be just the tool to get you through the calorie-fest we call the holidays
- Enjoy the special foods and traditions, but ask yourself “Am I eating this mindfully? Am I hungry and would I really enjoy it?”
- Too many times we eat something just because it is there without true pleasure



S.T.O.P.

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- It takes practice to become adept at a new behavior. A good way to start is with the first 4 bites of your meal.
- This method is known as the STOP method and was developed by “Discover Mindful Eating” at dayonepublishing.com.
- Decide that you can devote the first 4 bites of food of any meal or snack to this approach.



S.T.O.P.

S – is the first bite and stands for SELECT. Be purposeful in gathering this bite. Select this bite, notice all the colors, textures and shapes. Choose a bite that is able to fit in your mouth easily. Not too small or too big to chew, but just the size to help you savor the bite.

T – is the second bite and stands for TASTE. Your mind is fully on the sensation of eating. With this bite, you notice all the tastes that develop during the bite. Your mind is fully on the sensation of eating. You chew slowly, deliberately and fully, swallowing only when the food is completely chewed up.



S.T.O.P.

O – is the third bite and stands for OBSERVE. Allow your mind to travel with this food around your mouth, down your throat and into your stomach. Notice your hunger without anxiety or fear. It is simply hunger. Observe yourself placing your fork down. You become aware of the movement of your hand, arm and mouth. You are eating with purpose, full of awareness and grace.

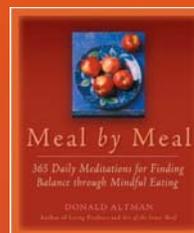
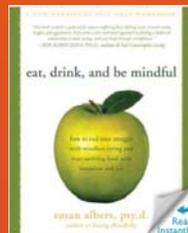
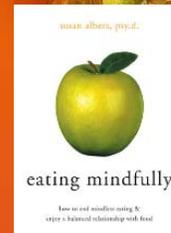
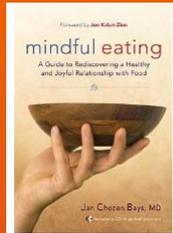
P – is the fourth bite and stands for PAUSE. With this bite add an extra pause just before you put the food in your mouth. Then, during the bite, you pause in the middle of your chewing, just for a short moment. And when you're done with this bite, you add one more pause before the next morsel of food..



S.T.O.P.

This method helps you establish a mindfulness that can serve you during the rest of the meal. The mindful eater knows that only through practice can the skills of eating be learned and mastered.

Mindful Eating Resources



Mindful Eating Resources

- Mindful Eating: A Guide to Rediscovering a Healthy and Joyful Relationship with Food by Jan Chozen Bays (Paperback - Feb 3, 2009)
- Eating the Moment: 141 Mindful Practices to Overcome Overeating One Meal at a Time by Pavel Georgievich Somov and Ph.D. (Paperback - Nov 1, 2008)
- Eating Mindfully: How to End Mindless Eating and Enjoy a Balanced Relationship with Food by Susan Albers (Paperback - Mar 2003)
- Eat, Drink and Be Mindful: How to End Your Struggle with Mindless Eating and Start Savoring Food with Intention and Joy by Susan Albers (Paperback - Jan 2, 2009)
- Meal by Meal: 365 Daily Meditations for Finding Balance Through Mindful Eating by Donald Altman (Paperback - April 14, 2004)

Re-Gift Treats and Food



- Your loved ones mean well but just because they give you food does not mean you have to eat it!
- Bring to parties/potlucks
- Donate store-bought to local food pantries
- Take to homeless shelter

Don't Make a Mountain Out of a Molehill



- It's easy to go over your calories for one day and feel like you "blew it"
- Remember – it take much more than one day of overeating to thwart your progress
- Accept your slip-ups, learn from them and MOVE ON!

Let Go of the Guilt and Move On!

- Indulging and eating special goodies is part of the holiday experience.
- If you ate a bit more than you intended to and feel the guilt creeping in, accept that you allowed yourself to enjoy something you wanted, and then mentally and emotionally wipe your slate clean.
- Don't let one day of treating yourself spiral out of control.
- Remember this: It's very easy to work off the extra calories from a single heavy meal but incredibly hard to undo several days of nonstop overeating.
- Whatever happened the day before, start fresh the very next morning with a high-protein breakfast and high-energy workout to help you refocus and reboot.

Keep Emergency Snacks



- Stashing some healthy and portable foods (fruit, protein bar, turkey jerky, etc) in your car, purse and desk drawer can help satisfy cravings and prevent you from going overboard on all the wrong foods
- Hungry at work and there are lots of cookies
- Shopping late at the mall and the food court is calling

Drink Your Water

- Recent studies found that when people drink more water throughout the day, they end up eating fewer total calories
- Water and water-rich foods can help fill you up longer so keep water in hand at parties, sip water between bites



Don't do a "Last Supper"



- Don't act as if it's your only chance to eat
- Remind yourself that you'll have plenty of chances to eat later if you need to
- Honor your true feeling of hunger and fullness
- Be a polite "food snob" and don't waste calories on a treat that isn't totally delicious

What About Sleep?



SLEEP
IS
GOOD

- Get adequate sleep
- Chronic sleep loss may affect various components of metabolism that influence hunger and weight gain
- Being tired also affects your mental ability to resist temptations

Sleep

- Leptin and ghrelin work in a kind of "checks and balances" system to control feelings of hunger and fullness. Ghrelin, which is produced in the gastrointestinal tract, stimulates appetite, while leptin, produced in fat cells, sends a signal to the brain when you are full.



Sleep

- When you don't get enough sleep, it drives leptin levels down, which means you don't feel as satisfied after you eat
- Lack of sleep also causes ghrelin levels to rise, which means your appetite is stimulated, so you want more food



Sleep

- Research studies conducted at the University of Chicago in Illinois and at Stanford University in California with 1,000 volunteers
- When sleep was restricted participant's appetite increased proportionally
- Their desire for high carbohydrate, calorie-dense foods increased by a whopping 45%.

Sleep

Follow up study involving over 8,000 participants:

- People getting 6 hours of sleep per night were 27% more likely to become obese than those getting seven to nine hours.
- Participants who slept 5 hours per night were 73% more likely to become obese than those getting seven to nine nightly hours of sleep
- The lightest sleepers -- those with only two to four hours of sleep per night -- were 67% more likely to become obese than people who slept for seven to nine hours.

Sleep

According to a new study, dieters trying to lose weight who sleep less than 6 hours lose 55% less fat and 60% more muscle than those who get more than 8 hours



Keep Your Eyes on the Prize!



*“The chief cause of failure and unhappiness is trading what we want **MOST** for what we want at the moment”*

– Anonymous

REMEMBER your goals and what is truly important to you. Before you act ask yourself – “Will this help me get where I want to go?” If not, make another decision. YOU are in control over the holidays, not the other way around .

Tips to Avoid Gaining Holiday Weight



1. Stick to a regular routine with sleep and exercise
2. Get Moving – 30 to 45 minutes per day
3. Watch your alcohol intake – empty calories. Have a seltzer with a lime twist between alcoholic drinks to cut down on alcohol and stay hydrated
4. Aim for 7-a-day. Make sure you eat 5 or more servings of vegetables, and 2 – 3 servings of fruit each day.
5. Never go to a party hungry. Eat a healthy snack like a piece of fruit and a cheese stick or a Greek yogurt and fruit before the party
6. Don't stand by the food at the party – you will be less likely to eat unconsciously and snack all night
7. Eat S L O W L Y . . .
8. Limit to one-a-day. Allow yourself one small serving of a cookie or piece of candy each day during the holiday season. You can have another one tomorrow!

Tips to Avoid Gaining Holiday Weight

9.



Choose a small plate

10.



Dip veggies instead of crackers

11.



Fill $\frac{1}{2}$ your plate with vegetables

12.



Have 2 or 3 bites of dessert

Tips to Avoid Gaining Holiday Weight

13. Say “No” politely. Do you sometimes feel forced to eat foods because people keep putting it in front of you and Aunt Millie made it specially for you?

Repeat after me:

“No thank you. I’ve had enough. Everything was delicious.”

“I couldn’t eat another bite. Everything tasted wonderful.”

Tips to Avoid Gaining Holiday Weight

14. Focus on socializing. Conversation is calorie-free.

15. ENJOY. The holidays come once a year. Enjoy yourself and remember how you want to start 2015. Is this going to be your year of optimal health? You can start right now .



http://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_455757.pdf

Holiday Eating Guide and Recipes from
American Heart Association

Remember

As we approach the holidays, it is vital to remember the words of one food writer:

“Without food, plenty of it and lovingly prepared, we might kill one another.”

