

## Wellspring Children's Center

### Holiday Nutrition Tips

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Ah, the smells and tastes of the holidays: pumpkin pie, gingerbread, roasted turkey, and eggnog. October, November and December are often filled with family, friends, treats and plenty of parties. Did you know that media reports of the average American gaining 5-10 lbs. over the holiday season are exaggerated? Studies now show the average American gains only 1 pound during the winter holidays, but this weight is not lost in the next year. And, people who are already overweight gain close to 2 lbs. over the holiday season. This accumulated weight gain can ultimately contribute to obesity and chronic diseases such as diabetes and cardiovascular disease. So, the key may be to maintain your normal weight through the winter holidays.

See below for some helpful tips:

#### **Party Tips**

- \* Eat an apple or cut up vegetables before leaving for a party. You will be less tempted to overindulge on rich foods later.
- \* Drink water between alcoholic beverages. Alcoholic beverages typically range between 100-200 calories.
- \* Bring a healthy dish to a party to snack on.
- \* Choose: white-meat turkey (remove the skin), the stuffing that was not cooked inside the bird, pumpkin pie or a small slice of pecan pie, and leave the marshmallows off of the yams,.
- \* Use a splash of eggnog in your coffee or tea and save about 300 calories over straight eggnog.



### Get moving!

- \* Get everyone moving by taking a walk after Thanksgiving or Christmas dinner.
- \* Wear a pedometer. Are you getting your 10,000 steps (or approximately 5 miles) each day? Sedentary individuals typically log 1,000-3,000 steps per day.
- \* Dance!
- \* On rainy days, check out a new exercise DVD or Wii game from the library.
- \* Walk to neighborhood parties or walk to the store.

### In the Kitchen

- \* Remove tempting treats from the kitchen counter: out of sight, out of mind!
- \* Replace the candy bowl or cookie tin on the counter with a bowl of fresh fruit such as small apples, tangerines, or persimmons.
- \* When baking: replace  $\frac{1}{2}$  of the all-purpose flour with whole-wheat flour, replace  $\frac{1}{2}$  of the oil or butter with applesauce, and add shredded zucchini, walnuts, or dried fruit to the batter.
- \* When preparing stuffing: add extra celery, mushrooms, carrots and other vegetables and reduce the amount of bread and butter or fat.



May your homes be filled with the richness of family and friends  
and the blessings of Jesus!

