

MUSC Weight Management Center Presents:

TIPS FOR ENJOYING THE HOLIDAYS WITHOUT THE WEIGHT GAIN

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MUSC Weight Management Center

*Whether you've got a little
or a lot to lose*



MUSC Health
WEIGHT MANAGEMENT CENTER

Holiday Tip Parade

1. Focus on weight management *vs.* weight loss during the holidays. Set realistic goals for the holiday season.
2. Don't approach the holidays planning to diet after the New Year – thinking to yourself, "I'll diet as soon as the New Year starts" often leads to greater holiday indulgence because you'll be anticipating food restriction come the New Year, and thus you'd better eat the "good stuff" while you can.
3. Fact: People DO NOT typically gain 5 or more pounds over the holidays. The average person actually gains 0.81 pounds from mid-November through mid-January. Expecting to gain 5 plus pounds over the holidays sets the stage for rationalized eating and dismissed weight gain.
4. Weigh and graph weight daily; begin before holiday parties/eating begins.
5. Record eating and calculate calories.
6. Do extra laps while shopping in malls, stores, etc.
7. Plan 3+ days of exercise (e.g., walking, soccer with kids, gym, etc.); plan and record on calendar the planned exercise at the beginning of the week.
8. Drink plenty of water each day (~64+ oz).
9. Put holiday food away within 2 hrs of serving it.
10. Food cravings (psychological) vs. actual hunger (physiological)?.. if having a craving or you're unsure, remove yourself from the situation and distract yourself... if still feel hungry 20mins later, then have a healthier snack.
11. Consider whether or not a food is worth the exercise needed to burn it off.
12. You can have your favorite holiday foods, but just eat smaller portions of them.
13. Choose only foods you really, really want... don't waste calories on mediocre foods or foods you wouldn't miss if you didn't have.
14. Take small healthy snacks when you go out shopping.
15. Eat off of smaller plates.
16. Make a plan. It's easier to deal with a situation if you have planned ahead. Set a limit of how much you can have at a party in advance.
17. Eat a light snack before going to holiday parties. Try a piece of fruit, light yogurt, or a string cheese before you go – DON'T go without eating before parties!
18. Do some physical activity every day. Physical activity, especially aerobic activity, can help relieve stress, regulate appetite, and burn up extra calories from holiday eating.
19. Take steps to avoid recreational eating. Eat slowly. Once done sip on a glass of water, pop a mint, or chew a stick of gum... and stay away from food areas.
20. When setting food out, place healthier foods (e.g., fruits, veggies) so they're easier to reach and make higher calorie foods (e.g., desserts) harder to reach.
21. Reduce the calories in holiday recipes (see other handouts).
22. Choose beverages wisely. Alcohol is high in calories. Liquors, sweet wines, and sweet mixed drinks contain 150-450 calories per glass. Limit your intake to one or two drinks. Soda, fruit punch, and eggnog can also be high in calories.
23. Enjoy good friends and family. Don't let food be the focus. Try not to socialize near the food. Move into another room or far enough away where you can't munch while talking.
24. Maintain perspective. Overeating one day won't make or break your eating plan. You won't gain weight from one day of overeating. If you overindulge at a holiday meal, put it behind you. Return to your usual plan the next day without guilt or despair.
25. Fill 1st plate with all healthier foods (e.g., fruits, veggies, lean meats, etc.)
26. EAT SLOWLY... takes ~20mins for brain to register food you've just eaten.
27. Plan an exercise outing for the days of your holiday parties... start a healthy family "Christmas Day Walk" or "Family Football Game" tradition.



Holiday Recipe Modifications

(general)

- Use herbs and spices rather than extra fat for flavor
- Try grilling or roasting vegetables instead of using casseroles for your sides
- Use skim milks, low fat or part skim cheese and calorie free butter in meal preparation
- Opt for whole grain breads for stuffing and sides
- Replace butter or oils in recipes with applesauce
- Decrease the sugar by half or try using sugar substitutions like Splenda
- Grease pans with cooking sprays
- Replace at least one egg in recipes with 2 egg whites or egg substitute
- Decrease salt to $\frac{1}{4}$; doesn't change taste

Healthful Holiday Recipes

Herb and Apple Stuffing (Serves 8)

INGREDIENTS:

- 1/2 large yellow onion, chopped
- 2 red apples (not delicious), chopped into bite-sized squares and tossed with 1 to 2 tablespoons lemon juice to prevent browning
- 3/4 cup chopped celery
- 1/2 cup chopped fresh sage (or 2 1/2 tablespoons dried sage)
- 1/2 pound whole grain bread, cut into chunks (such as a 12-grain bread); best if you can cut bread into chunks and allow it to stand uncovered overnight to dry out slightly
- 1 teaspoon poultry seasoning
- 1/2 to 1 teaspoon ground black pepper
- 2 teaspoons regular bouillon granules
- 2 tablespoons very low sodium bouillon granules
- 1 1/2 cups hot water

DIRECTIONS:

1. Combine onions, apples, breadcrumbs, celery, fresh sage, bread, poultry seasoning, and black pepper in large mixing bowl.
2. Mix together regular and low sodium bouillon granules with hot water until well dissolved; pour over dressing mixture. Mix well until bread is evenly wet.
3. Stuff into turkey, or bake separately in bowl. This mixture flavors your turkey beautifully, so don't hesitate to stuff your bird. If you do, wash interior of turkey and dry with paper towel. Stuff just before baking and then bake immediately. Follow directions for baking stuffed turkey, which requires extra baking time.
4. Or, bake separately uncovered at 350 degrees for 1 hour.

Nutritional analysis (1/8 of recipe):

107 calories, 3 grams protein, 22 grams carbohydrate, 3 grams fiber, 1.6 grams fat (13% of calories) (less than 1/2 gram saturated fat)

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Sweet Potatoes in an Orange-Brown Sugar Glaze (Serves 8)

(Note: this is one recipe where real butter makes a difference in taste. The amount is small, though, so enjoy without guilt)

INGREDIENTS:

- 2 pounds sweet potatoes

Sauce ingredients

- 3 tablespoons brown sugar
- 1/4 cup orange juice
- 3 tablespoons butter
- 2 teaspoons cinnamon

DIRECTIONS:

1. Bake sweet potatoes in skin until fork tender. (In conventional oven, about 30 to 40 minutes, depending on size.) For microwave baking, pierce several times with fork, wrap in wax paper, and microwave for 3 minutes. Turn and microwave an additional 3 minutes, or until fork tender.
2. Peel when cool to the touch. Slice into 1 inch thick slices.
3. Melt butter in nonstick skillet over low heat. Stir in brown sugar and cinnamon until a thick sauce forms. Stir in orange juice, making sure heat is low so that orange juice doesn't "burn".
4. Add sweet potato slices, coating them with sauce. Cover and allow sweet potatoes to heat through, about 10 minutes.

Nutritional analysis (1/8 of recipe):

160 calories, 1.7 grams protein, 29 grams carbohydrate, 2.6 grams fiber, 4.4 grams fat (24% fat) (2.7 grams saturated fat)

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Kris' Pumpkin Pie with Whipped Topping (Serves 8)

(Note: this recipe eliminates the crust, which is by nature high in fat. You'll enjoy this lighter version and never miss the crust -- we promise!)

INGREDIENTS:

- 1 15 ounce can pumpkin
- 3/4 cup granulated sugar
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- 1/2 cup liquid egg substitute or 8 egg whites
- 12 ounces low-fat original (not vanilla-flavored) soymilk (or substitute 12 ounces evaporated skim milk instead)
- 1 cup low-fat frozen whipped topping (optional)

DIRECTIONS:

1. Combine all ingredients in large mixing bowl. Stir with spoon or whisk until well combined.
2. Spray 8 small custard cups with vegetable oil spray. Divide mixture evenly between cups.
3. Bake in oven preheated to 350 for about 20 minutes, or until knife inserted into middle comes out clean.
4. Serve slightly warm with 2 tablespoons whipped topping on each serving.

Nutritional analysis per serving (1/8 of recipe plus 2 tablespoons low-fat frozen whipped topping):
146 calories, 4.2 grams protein, 27 grams carbohydrate, 1.5 grams fiber, 2.4 grams fat (14% of calories) (less than 1/2 gram saturated fat)

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Green Bean Casserole (Serves 8)

INGREDIENTS:

Onion sauce ingredients

- ½ teaspoon canola oil
- 1 large onion, thinly sliced
- ½ cup fresh breadcrumbs

Sauce and green beans ingredients

- 2 cups skim milk
- 6 black peppercorns
- 1 bay leaf
- Pinch grated nutmeg
- ½ teaspoon canola oil
- 1 small onion, finely chopped
- ½ pound mushrooms, trimmed and sliced (3 cups)
- frozen green beans (2 cups)
- 1 glove garlic, finely chopped
- ¼ cup all-purpose flour
- ¼ cup reduced fat sour cream
- 1 teaspoon salt
- ½ teaspoon freshly ground pepper
- 1 9-ounce package

DIRECTIONS:

1. To make onion topping: Heat oil in a large nonstick skillet over low heat. Add sliced onion and cook, stirring occasionally, until very tender and golden, about 30 minutes. Set aside.
2. Meanwhile, preheat oven to 350 degrees F. Spread breadcrumbs on a baking sheet and toast, stirring once, until lightly browned, 5 to 10 minutes. Set aside.
3. To make sauce: Combine milk, peppercorns, bay leaf and nutmeg in a medium saucepan and heat over low until steaming. Remove from heat, let stand for 5 minutes and strain into a measuring cup. (Discard peppercorns and bay leaf.)
4. Meanwhile, heat oil in a large saucepan over medium heat. Add chopped onion and cook, stirring often, until golden, 3 to 4 minutes. Add mushrooms and garlic and cook, stirring, until tender, 3 to 4 minutes. Sprinkle flour over the vegetables and cook, stirring, for 1 minute. Slowly pour in the milk, whisking constantly. Bring to a boil, stirring. Reduce heat to low and cook, stirring, until thickened, about 1 minute. Remove from heat. Whisk in sour cream, salt and pepper.
5. To assemble and bake casserole: Preheat oven to 425 degrees F. Spread green beans evenly over the bottom of a shallow 2-quart baking dish and pour the sauce over the top. Toss together the reserved onions and breadcrumbs in a small bowl and spread over the beans. Bake until bubbling, 15 to 25 minutes.

Nutritional analysis (1/8 of recipe):

130 calories; 3 g fat (1 g sat, 1 g mono); 6 mg cholesterol; 21 g carbohydrate; 7 g protein; 3 g fiber; 491 mg sodium; 377 mg potassium. *Nutrition bonus:* Calcium (15% daily value).

Recipe taken from eatingwell.com.

Updated Mac & Cheese (Serves 4)

INGREDIENTS:

- 3 tablespoons plain dry breadcrumbs
- 1 teaspoon extra virgin olive oil
- ¼ teaspoon paprika
- 1 16-ounce package frozen spinach
- 1 ¾ cup 1% milk, divided
- 3 tablespoons all-purpose flour
- 2 cups grated extra-sharp Cheddar cheese (6 ounces)
- 1 cup low fat 1% cottage cheese
- 1/8 teaspoon ground nutmeg
- ½ teaspoon salt, or to taste
- Freshly ground pepper to taste
- 8 ounces (2 cups) whole-wheat elbow macaroni or penne

DIRECTIONS:

1. Put a large pot of lightly salted water on to boil. Preheat oven to 450°F. Coat an 8-inch square (2-quart) baking dish with cooking spray.
2. Mix breadcrumbs, oil and paprika in a small bowl. Cook spinach according to package directions. Drain and refresh under cold water; press out excess moisture.
3. Heat 1 1/2 cups milk in a large heavy saucepan over medium-high heat until steaming. Whisk remaining 1/4 cup milk and flour in a small bowl until smooth; add to the hot milk and cook, whisking constantly, until the sauce simmers and thickens, 2 to 3 minutes. Remove from heat and stir in Cheddar until melted. Stir in cottage cheese, nutmeg, salt and pepper.
4. Cook pasta for 4 minutes, or until not quite tender. (It will continue to cook during baking.) Drain and add to the cheese sauce; mix well. Spread half the pasta mixture in the prepared baking dish. Spoon the spinach on top. Top with the remaining pasta; sprinkle with the breadcrumb mixture.
5. Bake the casserole until bubbly and golden, 25 to 30 minutes.

Note: Prepare through Step 4. Cover and refrigerate for up to 2 days or freeze for up to 3 months. Thaw in the refrigerator, if necessary, then bake for 35 to 45 minutes.

Nutritional analysis (1/4 of recipe):

503 calories; 17 g fat (9 g sat, 2 g mono); 54 mg cholesterol; 60 g carbohydrate; 31 g protein; 8 g fiber; 935 mg sodium. *Nutrition bonus:* 200% dv vitamin a, 583 mg calcium (60% dv), 107 mcg folate (27% dv). A serving of this mac and cheese provides 578 mg calcium, about half of an average adult's daily requirement.

Recipe taken from eatingwell.com

