

# MUSC Weight Management Center presents:

*TIPS FOR ENJOYING THE HOLIDAYS  
WITHOUT THE WEIGHT GAIN*

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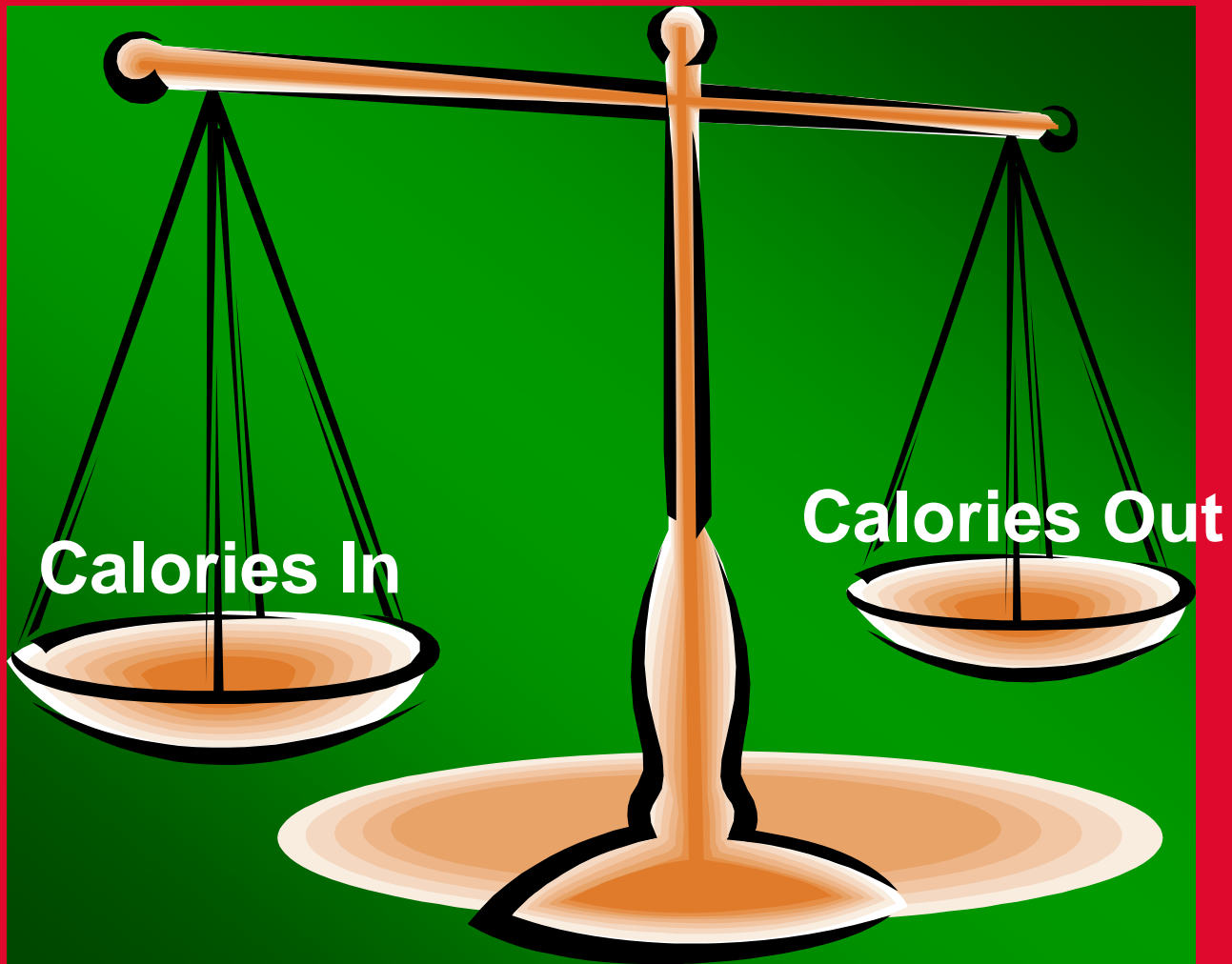
# How much weight do the holidays bring?

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- 1-3 pounds
- 3-5 pounds
- 5-10 pounds

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- 
- ✓ From mid-Nov to mid-Jan: **0.81 pounds**  
(Yanovski et al., 2000)
  - ✓ However, we don't do so well at losing it!

# Weight Management 101



# Holiday Quiz

1. How many calories in a traditional piece of fudge (3 oz)?
  - a. 250 calories
  - b. 350 calories
  - c. 450 calories
2. Before a holiday party, you should consume as few calories as possible to save calories for the party.
  - True
  - False
3. How many calories does the average American consume on Christmas Day?
  - a. 2500 calories
  - b. 3500 calories
  - c. 4000 calories

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# Holiday Quiz

4. How long would it take a female (180 lbs) to walk off (at 3mph) the excess calories consumed on Christmas Day?
- 90 minutes
  - 3 hours
  - 6 hours
  - 7.5 hours
5. “I plan to lose weight after the holidays. I’ll do better with my weight through the holidays than if I hadn’t resolved to lose weight in the new year.”
- True
  - False

# Holiday Quiz

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**\*\*Here's the math\*\***

- $3500 - 1650\text{cal (metabolism)} = 1850\text{cals excess}$
- $1850\text{cals}/300\text{cals (burned/hr walking @ 3mph)} = \sim 6 \text{ hrs}$

5. “I plan to lose weight after the holidays. I’ll do better with my weight through the holidays than if I hadn’t resolved to lose weight in the new year.”

- True
- False

# Calorie Counts of Our Holiday Favorites

## Traditional Meal

- Turkey (3 ounces of white and dark meat with skin) ~ 254 calories
- Stuffing (1 cup of homemade stuffing) ~ 400 cal
- Mashed Potatoes and Gravy (1 cup) ~ 270 cal
- Green Bean Casserole (1 cup) ~ 120 cal
- Sweet Potato Casserole (1 cup) ~ 489 cal
- Cranberry Sauce (1/2 cup) ~ 220 cal
- 2 glasses wine, sweet tea, or punch ~ 300 cal
- Eggnog (1 cup) ~ 440 cal
- 1 piece pumpkin pie and 2 Christmas cookies ~ 840 cal

**Total Calories: ~ 3333 calories**

# Calorie Counts of Our Holiday Favorites

## Modified Meal

- **Turkey** (3 ounces of white and dark meat without skin) ~ **128 cal**
- **Stuffing** (Try cutting to  $\frac{1}{2}$  cup boxed stuffing prepared with no calorie refrigerated butter spray) ~ **110 cal**
- **Mashed Potatoes** ( $\frac{1}{2}$  cup mashed potatoes made with skim milk and no calorie butter) ~ **100 cal**
- **Green Bean Casserole** ( $\frac{1}{4}$  cup) ~ **30 cal**
- **Sweet Potato Casserole** ( $\frac{1}{2}$  cup sweetened with splenda, minus nuts or marshmallows) ~ **160 cal**
- **Cranberry Sauce** ( $\frac{1}{4}$  cup) ~ **110 cal**
- **2 glasses of unsweetened beverage or punch** ~ **0 cal**
- **Low fat eggnog** (1 cup) ~ **280 cal**
- **1 slice lowered fat pumpkin pie and 1 Gingersnap Christmas cookie** ~ **346 cal**

**Total Calories ~ 1264 calories (vs. 3333 calories)**

# Calorie Counts of Our Holiday Favorites

## Traditional Meal

3333 Calories

*~ 11 hrs of walking*

VS.

## Modified Meal

1264 Calories

*~ 4 hrs of walking*

Is the traditional meal so much better than the modified meal that it justifies *7 hrs more* of walking??

# How Much Walking?!



<http://Walking.about.com/library/cal/blthanksgivingcalories.htm>

And here they are...

# the Holiday Tip Parade:

1. **Focus on weight management** *vs* weight loss during the holidays. Set realistic goals for the holiday season.
2. **DON'T plan to diet after New Year's.** Anticipation of food restriction sets you up for binge type eating over the holidays.
3. **Food cravings (psychological) vs. actual hunger (physiological)?** If craving or you're unsure, remove yourself from the situation and distract yourself... if still hungry 20mins later, have a healthier snack.
4. **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.

And here they are...

## the Holiday Tip Parade:

- 5. Weigh and graph weight daily.** Begin before holiday parties/eating begins; it's important to be aware of what your weight is doing.
- 6. Record eating and calculate calories.** Will keep you aware and accurate (both under- and over-estimation of calories can be problematic).
- 7. Take small healthy snacks** when you go out shopping.
- 8. Eat a light snack before holiday parties.** Try a piece of fruit, light yogurt, or a string cheese before you go – DON'T go without eating before parties!

And here they are...

## the Holiday Tip Parade:

9. **Avoid recreational eating.** Eat slowly and away from food areas. Once done, sip on a glass of water, pop a mint, chew gum, brush teeth, or gargle... and enjoy friends and family.
10. **Maintain perspective.** 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 morning without guilt or despair.
11. **Don't waste calories on mediocre foods...** choose only foods you really, really want.
12. **EAT SLOWLY...** takes ~20mins for brain to register food you've just eaten.

And here they are...

## the Holiday Tip Parade:

13. **Reduce calories in holiday recipes**
14. **Choose beverages wisely.** Alcohol is high in calories. Liquors, sweet wines, and sweet mixed drinks contain 150-450 calories per glass. Limit to one or two drinks. Soda, fruit punch, and eggnog can also be high in calories.
15. **Fill 1<sup>st</sup> plate with all healthier foods** (e.g., fruits, veggies, lean meats, etc.)
16. **Plan an exercise/activity outing** for the days of your holiday parties... start a healthy family “Christmas Day Walk” or “Family Football Game” tradition.

# *Happy Holidays Everyone!*

## *From the MUSC Weight Management Center*



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