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12-11-2020

## Holidays and Healthy Choices

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# Reminders

- DFEND 3.0 starting in January
  - Submit Feedback via Qualtrics Survey
  - [https://uark.qualtrics.com/jfe/form/SV\\_87I4AXoosewwQIZ](https://uark.qualtrics.com/jfe/form/SV_87I4AXoosewwQIZ)
- Post DFEND assessment questionnaire
  - Watch your inbox and the DFEND website next week.
  - Post assessment
    - [https://uark.qualtrics.com/jfe/form/SV\\_2t7P4TYpohzsTXv](https://uark.qualtrics.com/jfe/form/SV_2t7P4TYpohzsTXv)

# DFEND 2.0

## *Holidays and Healthy Choices*

December 11<sup>th</sup>, 2020

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# Objectives

- Healthy holiday eating
- Incorporating physical activity into the holiday season
- Budget friendly healthy holiday ideas



<https://www.excelsior.edu/article/navigating-the-holidays-and-healthy-eating/>

# Health During the Holidays

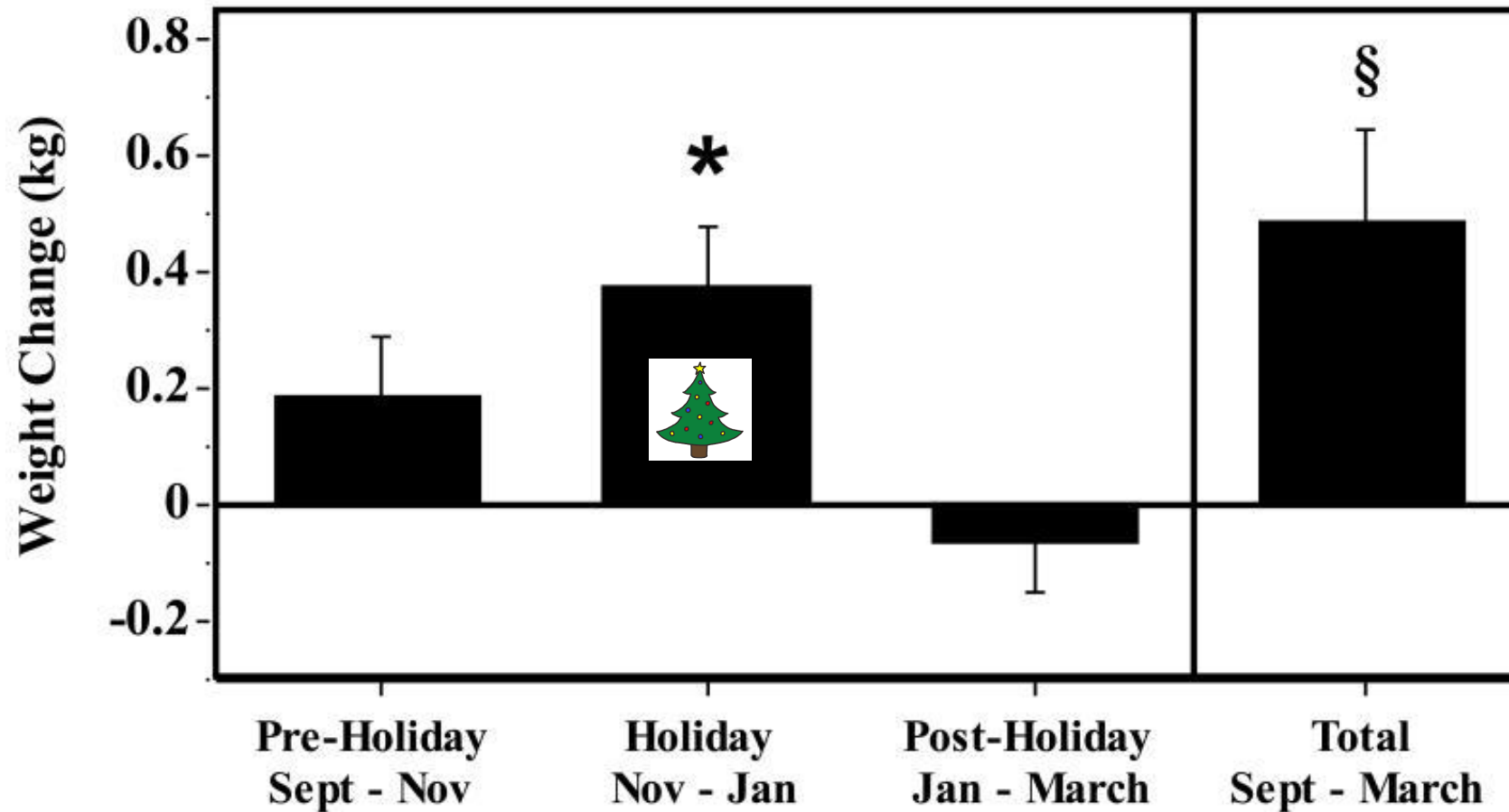
- By eating just 200 extra calories a day (a slice of pecan pie or glass of eggnog) you can gain 2-5 pounds or more between Thanksgiving and the New Year.
- Very few people lose the weight gained during this time in the following months or years.

<https://www.health.harvard.edu/blog/12-tips-for-holiday-eating-201212245718>



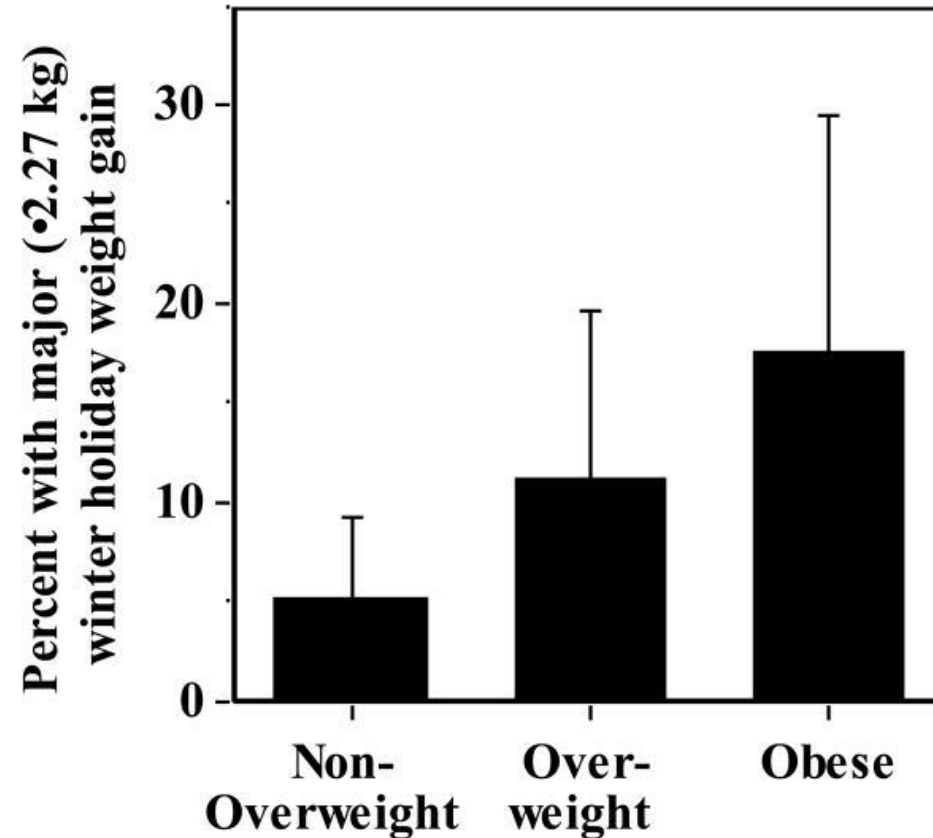
# Holiday Weight Change

Yanovski et al. A prospective study of holiday weight gain. NEJM, 2000.



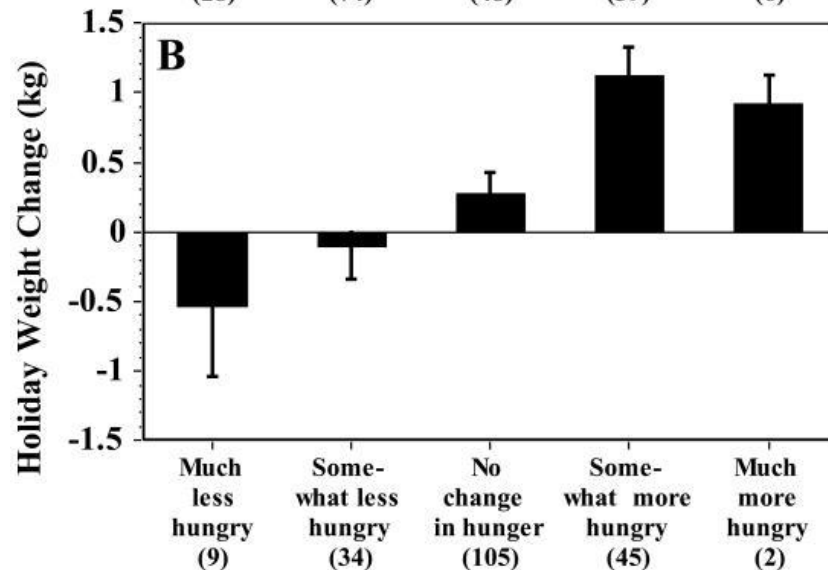
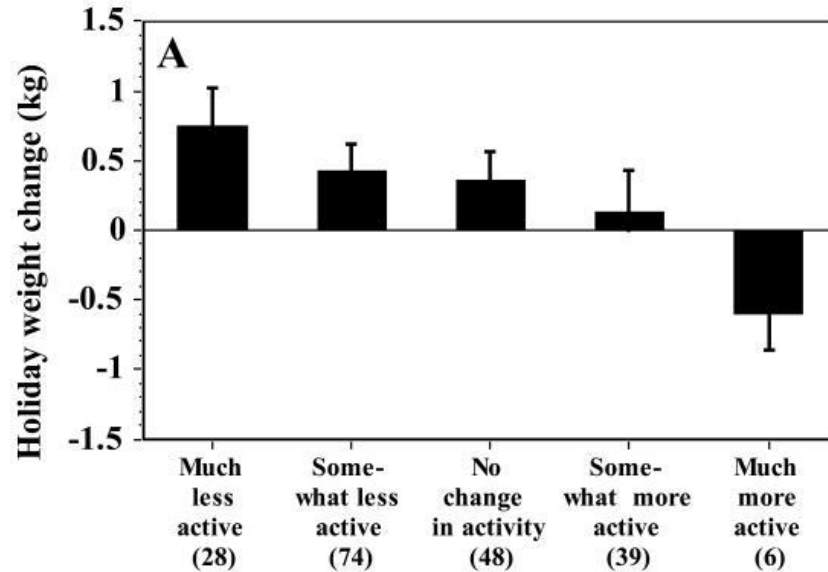
# There tends to be more weight gain, the more you weigh

Yanovski et al. A prospective study of holiday weight gain. NEJM, 2000.



Yanovski et al. A prospective study of holiday weight gain. NEJM, 2000.

# Holiday weight gain is associated with physical activity levels



Yanovski et al. A prospective study of holiday weight gain. NEJM, 2000.



# 12 Tips for Holiday Eating

## *Defensive eating and cooking*

1. Budget your calories wisely.
2. Wait 10 minutes before taking seconds and check back in with your appetite.
3. Don't stand next to the food table.
4. Don't go out with an empty tank → Eat a pre-event healthy snack.
5. Drink for health: a glass of eggnog can be 500 calories and alcoholic beverages range from 150-225 calories or more.
6. Avoid alcohol on an empty stomach. Alcohol increases your appetite and reduces your ability to control what you eat.

# 12 Tips for Holiday Eating

## *Defensive eating and cooking*

7. Make exercise part of the fun! Dance or walk as a family before, after, or between courses.
8. Make room for veggies and eat the veggies first.
9. Be buffet savvy. Look around the food table to explore all of your options before filling up your plate.
10. Don't shop hungry.
11. Cook for the heart. Be careful with ingredients like butter, cream and shortening.
12. Pay attention to what really matters → friends and family

# HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



The more veggies—and the greater the variety—the better. Potatoes and french fries don't count.

Eat plenty of fruits of all colors.



**STAY ACTIVE!**

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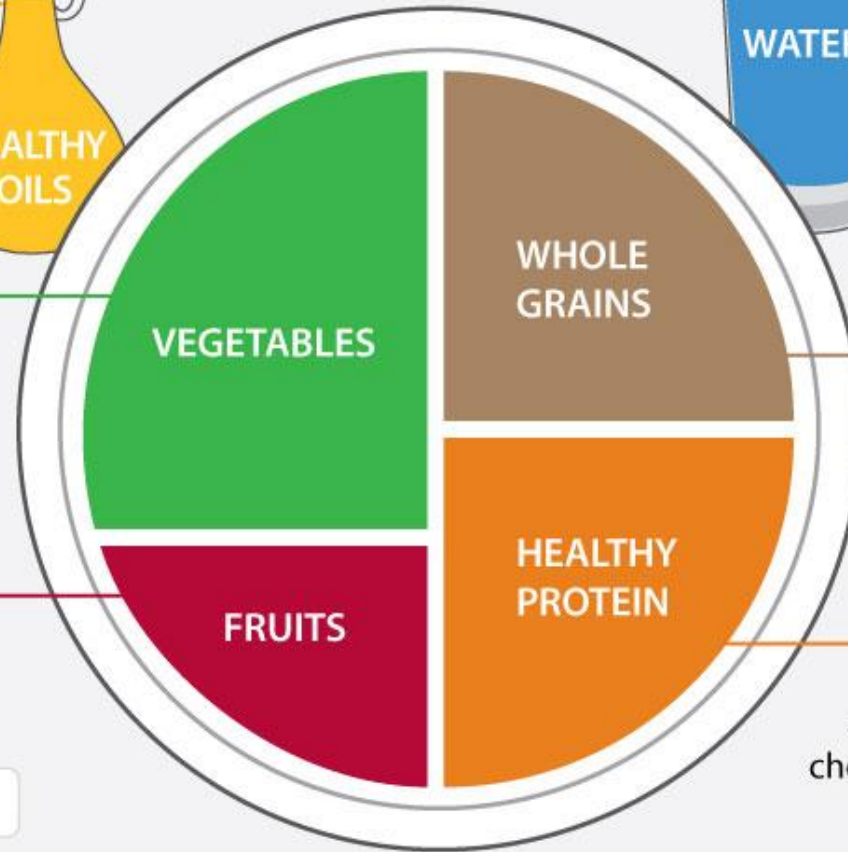
Harvard T.H. Chan School of Public Health  
The Nutrition Source  
[www.hsph.harvard.edu/nutritionsource](http://www.hsph.harvard.edu/nutritionsource)



Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.



Harvard Medical School  
Harvard Health Publishing  
[www.health.harvard.edu](http://www.health.harvard.edu)



# Other Tips



- Say no to food pushers!
- Don't feel guilty. If you did overindulge, don't beat yourself up. Just make sure your next meal is healthy, and be sure to incorporate exercise into your routine.
- Bring your own healthy food.
- Use a small plate so you don't overload.
- Watch your portions.
- Eat some fruit or vegetables before a party to avoid arriving hungry.
- Drink water, coffee, tea or other non-calorie beverages to keep you full.

<https://newsnetwork.mayoclinic.org/discussion/10-healthy-holiday-nutrition-tips/>

# Healthier Food Options

- Lean meats such as turkey, chicken, or fish.
- Swap potatoes for sweet potatoes or mashed cauliflower.
- You can cut 1/3 of the fat, sugar and salt without anyone noticing.

## Baking Swaps

- Instead of butter, substitute equal parts cinnamon-flavored, no-sugar-added applesauce.
- Instead of sugar, use a lower-calorie sugar substitute.
- Instead of whole or heavy cream, substitute low-fat or skim milk.
- Instead of using only white flour, use half white and half whole-wheat flour.
- Instead of adding chocolate chips or candies, use dried fruit, like cranberries or cherries.
- Use extracts like vanilla, almond and peppermint to add flavor, instead of sugar or butter.

## Healthier Beverages

- Instead of alcohol in mixed drinks, use club soda.
- Instead of adding sugar to mixed drinks, mix 100-percent juice with water or use freshly squeezed juice, like lime.
- Instead of using heavy cream or whole milk in dairy-based drinks, use low-fat or skim milk.
- Instead of using sugar to sweeten cider, use spices and fruit, like cinnamon, cloves and cranberries.



American  
Heart  
Association®

<https://www.heart.org/en/news/2018/11/21/holiday-eating-can-stay-under-control-with-simple-strategies>

Healthy holiday eating guide:

<https://nyc.heart.org/2017/12/07/healthier-holiday-season-tips/>





## FIST

CARBS SERVING  
ABOUT 1 CUP (150-200G)  
PERFECT PORTION OF RICE,  
FRUIT OR COOKED VEGETABLES



## FINGERTIP

FATS SERVING - 1 TEASPOON  
OIL, BUTTER OR MAYONNAISE



## CUPPED HAND

SNACKS SERVING  
ABOUT 1/2 CUP (50-80G)  
PERFECT PORTION OF NUTS  
OR DRIED FRUIT



## TWO HANDFULL

SALADS SERVING (FRESH SPINACH, LETTUCE)



## PALM

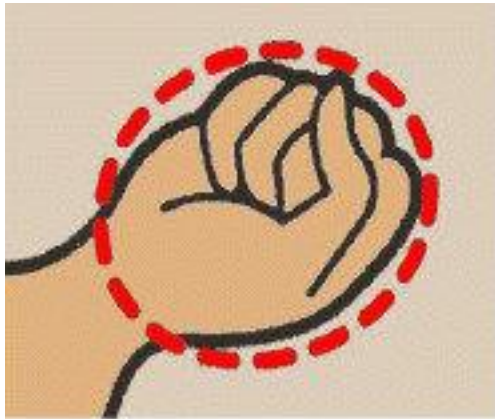
PROTEINS SERVING  
ABOUT 100G (3-4OZ)  
PERFECT PORTION OF MEAT  
DOUBLE UP FOR VEGE PROTEIN



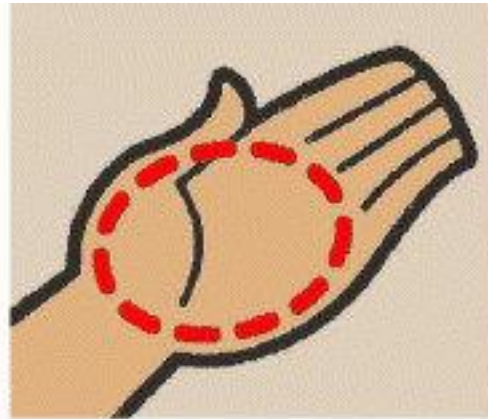
## THUMB

DAIRY SERVING  
ABOUT 2 TABLESPOONS  
SERVING SIZE OF CHEESE  
OR PEANUT BUTTER





**Clenched fist = 1 cup**  
**Useful for estimating:**  
cooked *pap*, rice, *samp*, pasta,  
potato, fruit



**Size of palm:**  
**Useful for estimating:**  
Meat, fish, chicken



**One handful:**  
**Useful for estimating:**  
Nuts, raisins



**2 Handfuls:**  
**Useful for estimating:**  
Vegetables



**Thumb:**  
**Useful for estimating:**  
Peanut butter  
hard cheese

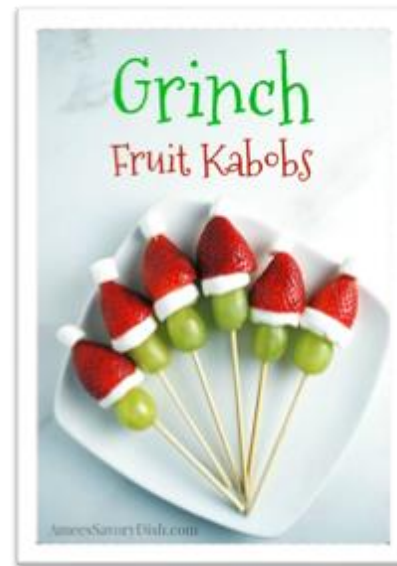


**Tip of thumb= 1 teaspoon**  
**Useful for estimating**  
All oils, mayonnaise,  
margarine



# Recipe Ideas

- Grinch fruit kabobs
- Veggie Lodge
- Pinterest!



[https://www.med.umich.edu/pfans/\\_pdf/hetm-2018/1218-healthyholidayeating.pdf](https://www.med.umich.edu/pfans/_pdf/hetm-2018/1218-healthyholidayeating.pdf)





# Physical activity during the holidays



# Energy cost of holiday activities

Activity	METs	Calories*
Sitting and talking on phone/Zoom	1.3	47
Wrapping presents	1.3	47
Shopping for presents or groceries	2.3	82
Cleaning house for in-laws	3.3	118
Walking to see Christmas lights	3.5	125
Moving furniture/ carry boxes to decorate	5.8	208
Ice skating	7.0	251
Snow shoveling (vigorous)	7.5	268
Snow blowing	2.5	89
Dancing to holiday tunes	7.8	279
Hunting, hiking with hunting gear	9.5	340

\* Based on 150 lb person doing the activity for 30 minutes

How to calculate calories

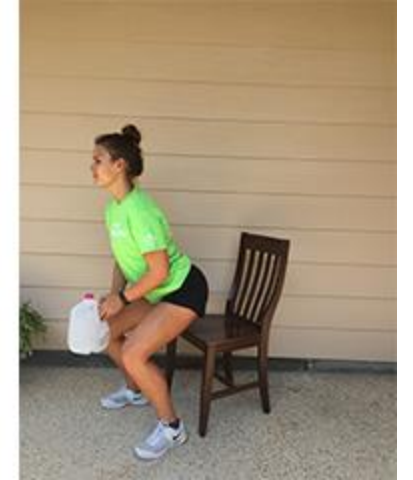
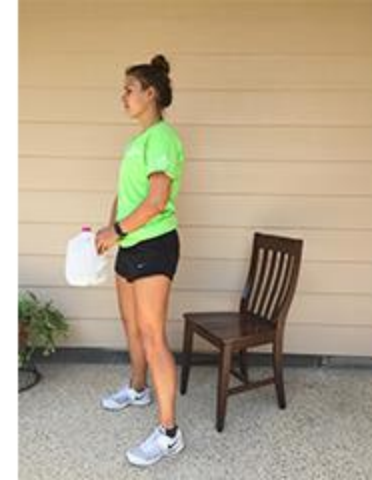
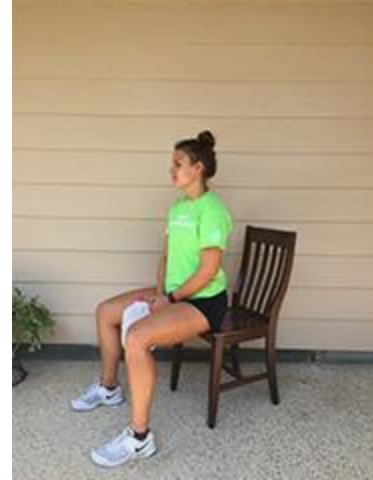
- $\text{Calories} = \text{weight in lbs} / 2.2 * \text{METs} * 3.5 / 200 * \text{minutes}$

Reminder:

- Moderate activity= 3-6 METs
- Vigorous activity = 6+ METs
- Goal = 150 minutes of moderate or 75 minutes of vigorous a week

# Holiday-themed exercises

- "Milk Jug" Squats & Can Curls
- Gift Wrap Runs
- Cookie Push-ups
- Post-Feast Walk



# Tips

- Involve your family
  - Active holiday Zoom!
  - Socially distanced walk
- Incorporate physical activity into your holiday activities
  - Walk extra laps in the mall or park further away when shopping
  - Add your favorite dance music in the back ground when cooking/cleaning
- Sign up for a New Years virtual 5k
  - Or the 2021 in 2021 Challenge!
- Condense but Intense
  - Try higher intensity physical activity (approved by your doctor) for less time
- Remember, something is better than nothing and every move counts!



**Wrap up!**



# Healthy Holiday Gift Ideas

- Holiday foods
  - Herbal teas, spices, fruit basket, fruit tree, meal delivery service, DIY
- Physical activity gifts
  - Workout clothes, activity monitor, weights, resistance bands, jump rope, workout dvds
- Other healthy options
  - Healthy cookbooks, cooking utensils, subscription to health/fitness magazine, games, plants, grocery delivery gift card, meal planner apps



# Summary

- Try to avoid those extra holiday pounds!
  - **Portion** control
  - Eat a **balanced diet**
  - Participate in **physical activity**

**Take our feedback survey!**

[https://uark.qualtrics.com/jfe/form/SV\\_8714AXoosewwQIZ](https://uark.qualtrics.com/jfe/form/SV_8714AXoosewwQIZ)

**Next week:**

Wrap-up! Final DFEND 2.0 session and Introduction to DFEND 3.0