

## Holiday Eating – How to NOT Gain Weight

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## 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*



## Holiday Weight Gain

- 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

## Holiday Weight Gain

- 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?
- 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!

## 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 you’ll have (and how much) and use your food log to stay within your calorie range



## Holiday Weight Gain

- You hear all the time that in order to lose weight, you should track what you eat.
- A 2008 study published in the *American Journal of Preventive Medicine* shows that keeping a “food diary” can double your weight loss efforts.
- Researchers from Kaiser Permanente’s Center for Health Research kept tabs on 1,685 overweight and obese adults (men and women), whose average weight was 212 pounds. The researchers encouraged participants to record their daily food intake.

## Holiday Weight Gain

- After 20 weeks, the average weight loss was 13 pounds per person.
- But researchers discovered something else; the more participants recorded what they ate, the more weight they lost in the end.
- Participants who did not keep a food diary lost about 9 pounds over the course of the study, while those who recorded their food intake six or more days per week lost 18 pounds—twice as much as those who didn’t track any food!

Food Log		Fat	Kcal
<b>Breakfast</b>			
<input type="checkbox"/>	Quaker, Quaker Oat Bran Cereal 2 x 1.25 cup	65	194.5
<b>Lunch</b>			
<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
<b>Dinner</b>			
<input type="checkbox"/>	Sandwich spread, pork, beef 1 x 1 tbsp	2.6	35.3
Average daily calorie intake:			913.23

## Food Log Websites

- [www.sparkpeople.com](http://www.sparkpeople.com)
- [www.calorieking.com](http://www.calorieking.com)
- [www.fitday.com](http://www.fitday.com)
- [www.nutritiondata.com](http://www.nutritiondata.com)
- Apps for Smart Phone –lots are free
- [Appworld.blackberry.com/webstore/category/92](http://Appworld.blackberry.com/webstore/category/92)
- [www.livestrong.com/calorie-counter-mobile/](http://www.livestrong.com/calorie-counter-mobile/)

## 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. Just remember this: Burn it (exercise) to earn it (extra holiday calories).

▪ Helps reduce holiday stress!!!!



## Holiday Weight Gain

- **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.

## Holiday Weight Gain – Get together

- Don't go "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.

## Holiday Weight Gain

- **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.



## 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 Weight Gain

- 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 Weight Gain

- 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 Weight Gain

- 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 Weight Gain

- If you gain 8 pounds over the holidays, it will take at least 4 weeks of very strict dieting and exercise.
- That is 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.
- 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 Weight Gain

- Never skip meals before or after a big celebration
- This practice creates a faminefeast-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

## 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

## Mindful Eating

- 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

## Mindful Eating Experience



## Mindful Eating

- 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

## Mindful Eating

- 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

## 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

STOP



- 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](http://dayonepublishing.com).
- Decide that you can devote the first 4 bites of food of any meal or snack to this approach.
- **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.

STOP



- **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.
- **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.

STOP



- **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.
- 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: 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)

## What about Sleep?

- **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



## Tips to Avoid Holiday Weight Gain

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

## Tips to Avoid Holiday Weight Gain

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

### Tips to Avoid Holiday Weight Gain

- 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!

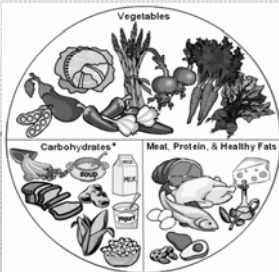
### Tips to Avoid Holiday Weight Gain

- 9. Choose a small plate. Put some vegetables on it without the high-fat dip, then add small amounts of other higher-calorie foods
- 10. Use veggies as dip holders instead of crackers and chips



### Tips to Avoid Holiday Weight Gain

- 11. Fill half your plate with vegetables



### Tips to Avoid Holiday Weight Gain

- 12. Have 2 or 3 bites of dessert



### Tips to Avoid Holiday Weight Gain

- 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 Holiday Weight Gain

- 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 2011. Is this going to be your year of optimal health? You can start right now . . .

## 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."

*Happy Hol i days!*