

# Federation Friday

Volume 1, Issue 23



## ***Friday's Focus: Tips for a Healthy Holiday***

### **Tis the Season...For Temptation!**

Temptations are everywhere during the holidays - social gatherings, family meals, office parties. Food is all around us. Delicious, tasty, pretty food! A piece of pecan pie, a cup of eggnog, a couple butter cookies extra a day could result in an extra two to three pounds during the six-week holiday period. Remember, 3500 extra calories equal one-pound of weight gain.

How do stick to your plan to watch your waistline? The following tips come from the Centers for Disease Control and Prevention and the Harvard Health Letter.

- You may not be able to control the foods you are served, but you can control what you eat. If going to an event where you will eat later than your normal mealtime, eat a small healthy snack before the event. Suggestions are a small handful of nuts, an apple with peanut butter, a slice of turkey on whole wheat bread.
- If you plan for it, no food needs to be on the naughty list. Just don't eat everything at feasts and buffets. Be choosy and spend your calories on foods you love. A small taste of a delicious treat is often all you need.
- It takes 20 minutes for your brain to realize that you are "full" so take a break before going back for seconds.
- Move away from the buffet or serving table. Engage in conversation. If you are at a social event where you walk around, put your plate down after your trip to the buffet table.



- Drink to your health. Eggnog can have 500 calories in a cup. Alcoholic drinks start at 125 calories and go up! If you partake in these, start with a glass of water or seltzer and continue to alternate in between alcoholic drinks.
- Make room for vegetables and fruits. Start with them to fill up. Don't forget to track your vegetables for the Healthy Women Project!
- Take time for exercise and don't forget to count and record those steps using Charity Miles or another tracker. Find time for a walk or exercise on days you plan to attend a food event. Dance or play games to keep moving! Suggest a walk after dinner.
- Get your Zzz's. Sleep loss can make it harder to control your blood sugar, and when you are sleep deprived you will tend to eat more and prefer high-fat food. Guard against mindless eating by sleeping 7-8 hours each night.

Most of all, pay attention to what really matters, celebrating and spending time with the people you enjoy and love. If you focus on connecting with those close to you, it is easier to avoid overeating.

**Cheers to a healthy holiday season to all GFWC-**

**NC Clubwomen and their families!**