HOLIDAY NUTRITION

Why does it matter?

The winter holidays are notorious for being packed with good food and less exercise. Many of the foods available to tempt you over the holiday season have very little nutrition and are very calorie dense. Combined with a reduced training schedule, you may experience some weight gain. Follow the tips below to ensure a healthy holiday season!

Tips for a Healthy Holiday Season

- **Keep exercising** - maintaining a high level of training will help avoid losing lean tissue and gaining body fat
- **Buy smaller packages of holiday treats** - store out of sight or don't buy them at all. If it’s not visible, you’ll be less tempted to eat it!
- **Snack before you go** - have a small protein rich snack before you go to any party to reduce the temptation to eat more than you usually would. If you are heading to a potluck plan to bring a healthy food item that you love to eat – just in case!
- **Browse the buffet table** - Walk around the table before you grab a plate to get a sense of what’s available. Start with salads, vegetables, crudités, fruits, potatoes, grains instead of high fat pastries, deep fried foods or foods covered in lots of high fat sauce
- **Keep the healthy plate model in mind** - fill your plate with 1/2 fruits/vegetables, 1/4 grain products, and 1/4 meat or meat alternatives
- **Watch your portions sizes** - Avoid eating straight from a bag, box or carton as it’s more difficult to visualise the portion you are eating. Resist the temptation to overfill your plate or eat until “the plate is clean”. Instead serve a smaller portion or use smaller plates, bowls or cups to manage the portion size of higher fat/calorie foods.
- **Frequency** - If you gain body weight easily, stick to just eating 3 regular meals and avoid snacking. If you drop body weight easily, stick to your usual pattern of eating 3 main meals and 3 healthysnacks during the day.
Healthy Nibbles
Have healthier options available for guests:
- Fresh fruit and cured meats
- Dried fruit and nuts or seeds
- Popcorn, pretzels and roasted chick peas
- Bread sticks and pepperettes
- Vegetable sticks and hummus or guacamole
- Seaweed snacks
- Mini salad rolls with oyster sauce
- Edamame
- Tomato salsa or guacamole and baked tortillas
- Olives with balsamic vinegar and sour dough bread

Liquid calories
If you choose to drink over the holiday period, ensure you are well hydrated with water before and during the night. Eat a meal before consuming alcohol and drink in moderation - 2-3 units for women, 3-4 units for men.
<table>
<thead>
<tr>
<th>Number of drinks</th>
<th>Equivalent in food</th>
<th>Exercise required to burn that energy off</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1 drink (150kcals)</strong></td>
<td><img src="image1" alt="Coca-Cola" /> 140kcal</td>
<td><img src="image2" alt="Cycling at 16-19kmph" /> 25 mins, <img src="image3" alt="Brisk walk" /> 40 mins, <img src="image4" alt="Running at 11kmph" /> 15 mins</td>
</tr>
<tr>
<td><img src="image5" alt="6oz glass" /> Single shot + 150ml mixer</td>
<td>2 tbsp 7-layer dip = 70kcal About 11 chips = 140kcal</td>
<td></td>
</tr>
<tr>
<td><strong>3 drinks (450kcals)</strong></td>
<td><img src="image6" alt="Chicken and Chips" /> 5 cheese sticks = 310 kcal + <img src="image7" alt="Candy" /> 8 candies = 320 kcal + <img src="image8" alt="Apple Pie and Ice Cream" /> 1 slice apple pie + 1 scoop ice cream = 480kcal</td>
<td><img src="image2" alt="Cycling at 16-19kmph" /> 1 hr 20 mins, <img src="image3" alt="Brisk walk" /> 2 hours, <img src="image4" alt="Running at 11kmph" /> 45 mins</td>
</tr>
<tr>
<td><img src="image5" alt="6oz glass" /> Single shot + 150ml mixer</td>
<td>3 sugar cookies = 500kcal</td>
<td></td>
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<tr>
<td><strong>5 drinks (750kcals)</strong></td>
<td><img src="image9" alt="Shortbread and Latte" /> 2 pieces shortbread + tall eggnog latte = 710kcal + <img src="image5" alt="6oz glass" /> Single shot + 150ml mixer</td>
<td><img src="image2" alt="Cycling at 16-19kmph" /> 1 hr 50 mins, <img src="image3" alt="Brisk walk" /> 4 hours, <img src="image4" alt="Running at 11kmph" /> 1 hr 15 mins</td>
</tr>
<tr>
<td><img src="image10" alt="Pizza" /> 3 slices pepperoni pizza = 840 kcal</td>
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