

Getting Ready for the Holidays.

Planning ahead is the key to staying active and eating healthy during the holidays.



1. Take time to think about potential problems in advance.
2. Write down the problem. List some possible solutions.
3. Choose the best strategy. Write it down.
4. Plan to reward yourself. Write down what you will do to earn the reward. Write down what the reward will be.



Ten Ways to Get Ready for the Holidays

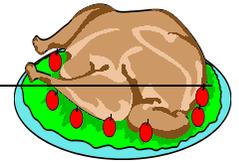
1. Plan pleasures other than food or drink.
2. Hold a family conference well before the holidays.
 - a. Are we going to have tempting high-fat/calorie foods in the house?
 - b. Get the family to agree not to nag you about what you eat or your activity plan.
 - c. Are there positive ways they can help?
 - d. What changes can be made to the holiday menus?
3. When you decide to eat a special high-fat/calorie food, choose quality, not quantity.
4. Plan ahead to be assertive with hosts. Let hosts know, in a clear and direct way, what you are planning to eat and not eat.
5. Eat something before you go to a party.
6. Decide what you want to do about alcohol. Alcohol increases appetite. It also lowers self-control. If you drink, are you aware of the calories involved?
7. Beware of fatigue, rushing, and tension. Look for early warning signals. Plan nonfood ways to cope, including exercise. Also, make plans to simplify.
8. Prepare for old friends or relatives you see only at holidays.
9. Plan for other pleasures *after* the holidays.
10. Make *reasonable* New Year's resolutions.



Look AHEAD Lifestyle Program (Adapted from The Diabetes Prevention Program)

Happy Holidays!

A holiday dinner doesn't have to be a nutrition disaster. Here are some suggestions for making your dinner healthier.



Traditional Menu	Calories	Fat (grams)	Healthy Changes	Calories	Fat (grams)
Fresh raw veggies (½ c.)	50	0	No change	50	0
Vegetable dip (2 TBSP)	60	4	Made with non-fat sour cream	20	0
Dark turkey (5 oz.)	262	10	White turkey (3 oz.)	129	3
Gravy (½ cup)	58	4	Use only ¼ cup	29	2
Stuffing (1 cup)	340	18	½ cup serving	170	9
Cranberry sauce (¼ cup)	90	0	No change	90	0
Potatoes, mashed with butter and whole milk (½ cup)	130	6	Mashed with nonfat sour cream	82	0
Vegetable casserole (¾ c.)	135	8	Steamed veggies (½ c.)	25	0
Dinner roll with butter	100	6	Don't add butter	60	2
Sweet potatoes, candied with brown sugar and butter (½ cup)	164	3	Mashed with syrup (no butter)	106	0
Pumpkin pie with whipped cream	350	20	½ piece, no whipped cream	160	8
Traditional Total:	1739	79	Healthier Total:	921	24
<i>This meal is 41% fat.</i>			<i>This meal is 23% fat.</i>		

You save 818 calories and 55 grams of fat by making these small changes!

Note: Even the "healthy changes" menu is high in fat and calories. So plan to eat less for breakfast and lunch, and less on the days before and after, if you expect to eat this large of a meal. Better yet, make *even healthier menu changes*. Serve a colorful fresh fruit salad instead of pie, rice instead of stuffing (try mixing wild and white rice for a special touch), and fewer foods (e.g., only one type of potato). You'll save another 290 calories and 17 grams of fat!

Look AHEAD Lifestyle Program (Adapted from The Diabetes Prevention Program)

If you drink alcohol...

1. Keep in mind that alcohol contains calories.

1 gram of carbohydrate or protein	4 calories
1 gram of alcohol	7 calories
1 gram of fat	9 calories



2. The calories in alcohol are “empty.” They contain no nutrients like vitamins.
3. Many alcoholic beverages contain extra calories from sugar, carbohydrate, or fat:

Drink	Calories	Fat (grams)
Light beer (12 oz)	101	0
Beer, regular, malt, or no alcohol (12 oz)	148	0
Table wine, red or white (3 oz)	63	0
Sweet dessert wine (3 oz)	90	0
Wine coolers (12 oz)	About 200	0
Liquor (e.g., gin, scotch, whiskey) (1 jigger, 1½ oz)	About 100	0
Cocktails (e.g., Daiquiri, martini) (3 oz)	About 200	Varies
Martini (gin and vermouth) (3 oz)	156	0
Whiskey sour (3 oz cocktail)	123	0
White Russian (3 oz), made w/cream	225	7
Alexander w/gin (3 oz), made w/cream	236	9
Grasshopper (3 oz), made w/cream	253	9
Eggnog (1 cup)	342	19

4. If you do drink alcohol, follow these tips:
 - Don’t drink on an empty stomach.
 - Alternate alcoholic and nonalcoholic drinks.
 - Sip slowly. Make one drink last a long time.
 - Notice the effects of drinking. Stop before over-doing it.



Keeping Track During the Holidays



Ways to Handle the Holidays

1. **Plan pleasures other than food or drink.**
 - C Plan the kind of holiday *you* want.
 - C Think about what you like to do for physical activity. Can you make that a part of your holiday?
2. **Hold a family meeting ahead of time.**
 - C What did we like or dislike about our last holiday? What will we do this time?
 - C How will we handle food and eating out?
 - C Can we find a fun way to all be physically active this year?
 - C Get the family to agree not to nag you about your eating or activity.
 - C Talk about ways your family can help.
3. **Have reasonable expectations for the holiday.**
 - C Keep track of your eating and activity.
 - C Weigh yourself often. But remember, scales differ.
 - C Plan to *maintain* your weight.
 - C Let go a little. Eat something special. (Choose the best. Have a small portion.)
 - C Get extra activity.
4. **If you tend to be tense during the holidays:**
 - C Avoid long periods when you’re doing what others want and not what you want.
 - C Plan daily times to relax.
5. **Decide what you want to do about alcohol.**

Alcohol may lower self-control.
If you drink, be aware of the calories.
6. **Build in activity.**

Park further away and walk.
Look for seasonal ways to be active that can become traditions.
7. **Prepare for friends or relatives you haven’t seen in a while.**
8. **Plan for pleasures *after* the holidays.**



Saving Time for a Healthy Lifestyle During the Holidays

When I get busy during the holidays, I tend to neglect the following behaviors:

- | | |
|-------------------------------------|--|
| 9 Self-monitoring what I eat | 9 Changing problem cues (food, social, or activity cues) |
| 9 Self-monitoring my activity | 9 Adding helpful cues (food, social, or activity cues) |
| 9 Doing physical activity | 9 Problem solving what gets in the way of my healthy lifestyle goals |
| 9 Preparing low-fat/calorie foods | 9 Other (specify _____) |
| 9 Planning ahead for when I eat out | |
| 9 Talking back to negative thoughts | |

Some possible ways to make time to do the above things during the holidays:

1. **Cut back on these activities/traditions that are less important to me:**

2. **Streamline healthy eating/physical activity by:** _____

Choose the best solution: _____

What might get in the way?

I will handle this by:

I will do this to make my success more likely: _____

Did it work? If not, what went wrong? _____



Staying Active on Holidays.

For most of us, staying active on holidays isn't easy. Holidays upset our routine. They also challenge us with unique social cues. What's more, holidays may involve inactive habits that have developed over many years.



The key to staying active on holidays is planning.

Take a minute to think ahead about your next holiday.

- | | |
|--|--|
| C Where will you be? | C What kind of "holiday mind" thoughts might get in the way of staying active (e.g., I'm off now)? |
| C What might the weather be like? | C If you're traveling, what gear or clothing will you need to pack? |
| C What days and times of day will you have available for exercise? | C How can you make staying active extra fun and festive? |
| C Are there places nearby to exercise? | |
| C Who will you be with? Are they supportive of your being active? | |

Make a positive action plan.

I will: _____

When? _____

I will do this first: _____

Roadblocks that might come up: I will handle them by:

I will do this to make my success more likely:

How can we help you? _____



TIPS FOR A HEALTHY THANKSGIVING



Use Low-Fat Products

Try skim milk, reduced-calorie margarine, fat-free sour cream and reduced fat cheese. These products are much healthier for everyone and taste just as good!



Eat Smaller Portions

There are so many good foods! Take smaller portions (1/2 cup or less) of several different things!



Pick Your Favorites

You don't have to eat everything that is served. Pick the foods that are special and skip foods you eat regularly (like dinner rolls)!



Take a Walk After Dinner!

Invite your friends and family to walk with you. Walking briskly will burn off extra calories.



What Is Most Important About the Holidays?

Important

- Imagine it is ten years from now, and you are remembering how you spent the holidays during those ten years. What would your most cherished memories be? **What activities and traditions were the most meaningful and enjoyable?** (Remember, there are no right answers. What is most meaningful to you may be less so for someone else.)

- List some other **activities and traditions that are not so meaningful or enjoyable.** (For example, you may send Christmas cards every year but not find much meaning or enjoyment in doing so.)

- How important is **staying healthy and managing diabetes** in terms of being able to enjoy your future holidays?
