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.

Happy Holidays!

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

<table>
<thead>
<tr>
<th>Traditional</th>
<th>Calories</th>
<th>Fat (grams)</th>
<th>Healthy Changes</th>
<th>Calories</th>
<th>Fat (grams)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh raw veggies</td>
<td>50</td>
<td>0</td>
<td>No change</td>
<td>50</td>
<td>0</td>
</tr>
<tr>
<td>Vegetable dip</td>
<td>60</td>
<td>4</td>
<td>Made with non-fat sour</td>
<td>20</td>
<td>0</td>
</tr>
<tr>
<td>Dark turkey</td>
<td>262</td>
<td>10</td>
<td>White turkey (3 oz.)</td>
<td>129</td>
<td>3</td>
</tr>
<tr>
<td>Gravy</td>
<td>58</td>
<td>4</td>
<td>Use only ¼ cup</td>
<td>29</td>
<td>2</td>
</tr>
<tr>
<td>Stuffing</td>
<td>340</td>
<td>18</td>
<td>½ cup serving</td>
<td>170</td>
<td>9</td>
</tr>
<tr>
<td>Cranberry sauce</td>
<td>90</td>
<td>0</td>
<td>No change</td>
<td>90</td>
<td>0</td>
</tr>
<tr>
<td>Potatoes, mashed with butter and whole milk (½ cup)</td>
<td>130</td>
<td>6</td>
<td>Mashed with nonfat sour cream</td>
<td>82</td>
<td>0</td>
</tr>
<tr>
<td>Vegetable casserole</td>
<td>135</td>
<td>8</td>
<td>Steamed veggies (½ c.)</td>
<td>25</td>
<td>0</td>
</tr>
<tr>
<td>Dinner roll with butter</td>
<td>100</td>
<td>6</td>
<td>Don't add butter</td>
<td>60</td>
<td>2</td>
</tr>
<tr>
<td>Sweet potatoes, candied with brown sugar and butter (½ cup)</td>
<td>164</td>
<td>3</td>
<td>Mashed with syrup (no butter)</td>
<td>106</td>
<td>0</td>
</tr>
<tr>
<td>Pumpkin pie with whipped cream</td>
<td>350</td>
<td>20</td>
<td>½ piece, no whipped cream</td>
<td>160</td>
<td>8</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Traditional Total</th>
<th>1739</th>
<th>79</th>
<th>Healthier Total</th>
<th>921</th>
<th>24</th>
</tr>
</thead>
<tbody>
<tr>
<td>This meal is 41% fat.</td>
<td></td>
<td></td>
<td>This meal is 23% fat</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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!
If you drink alcohol...

1. Keep in mind that alcohol contains calories.

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

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:

   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.

   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:

1. **Self-monitoring what I eat**
2. **Self-monitoring my activity**
3. **Doing physical activity**
4. **Preparing low-fat/calorie foods**
5. **Planning ahead for when I eat out**
6. **Talking back to negative thoughts**
7. **Changing problem cues (food, social, or activity cues)**
8. **Adding helpful cues (food, social, or activity cues)**
9. **Problem solving what gets in the way of my healthy lifestyle goals**

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:

- 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: __________________________

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

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: __________________________

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

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?

1. 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.)

2. 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.)

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