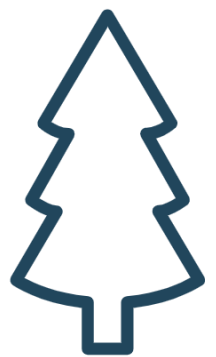
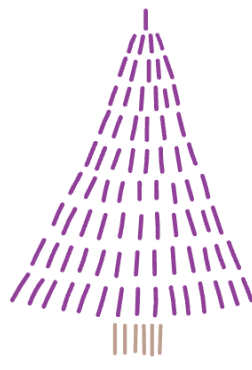
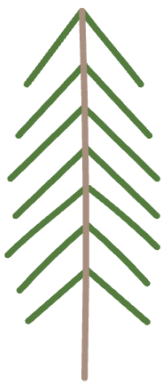
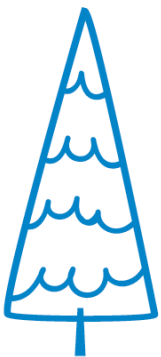


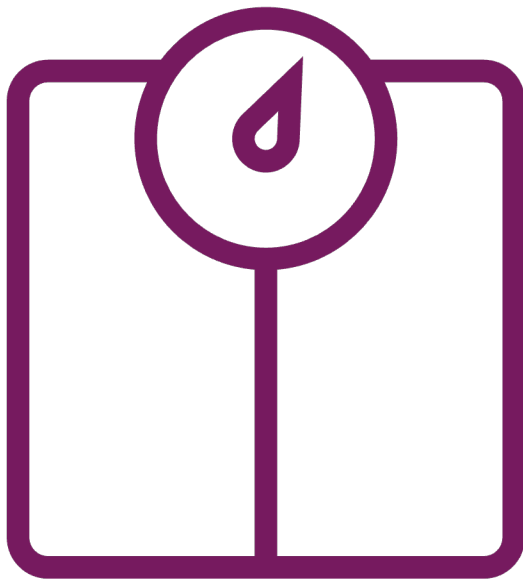
The Center for Bone and Joint Health presents

Your Health, Your Way

BONE AND JOINT HEALTH
FOR THE HOLIDAYS

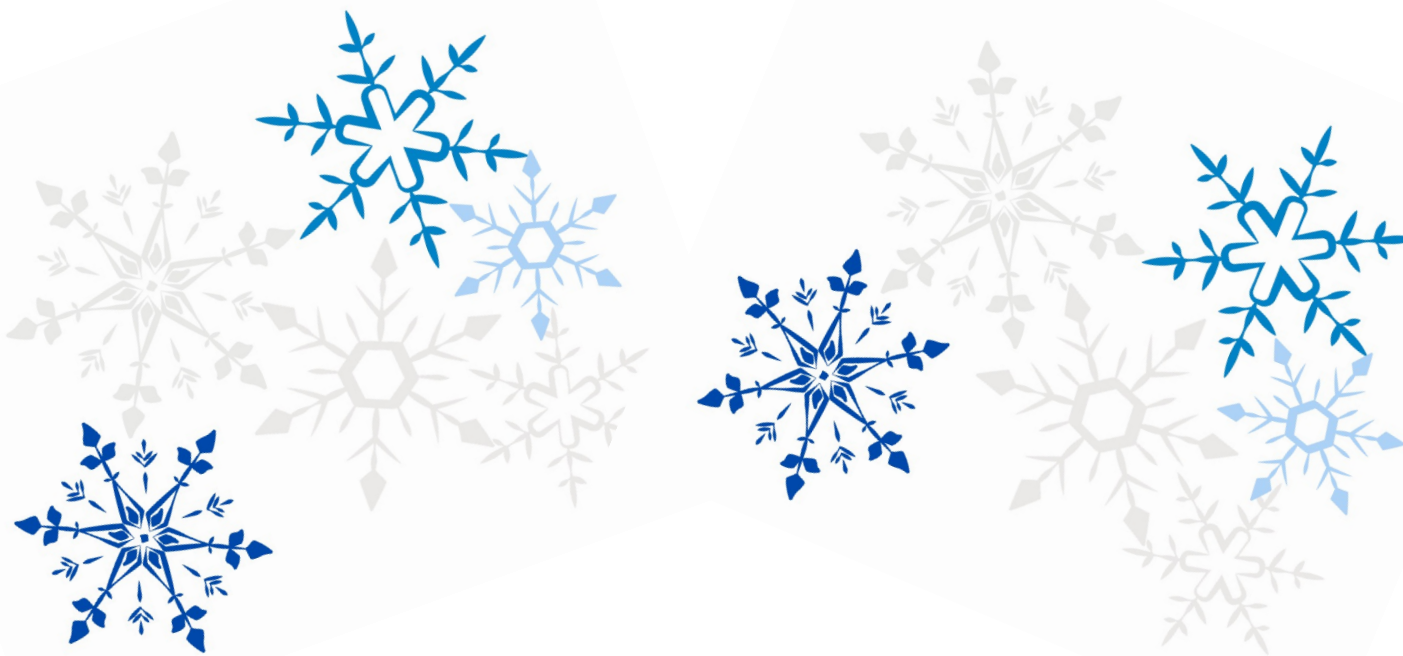


Week 1: Good Nutrition through the Holidays



Week 1 Objectives:

- Understand how to eat healthy around the holidays
- Set goals that will move you to better health!



Now is the time to make a plan!

Over the holidays, you may not be able to control what foods you are served or what type. But there are many things you CAN control.

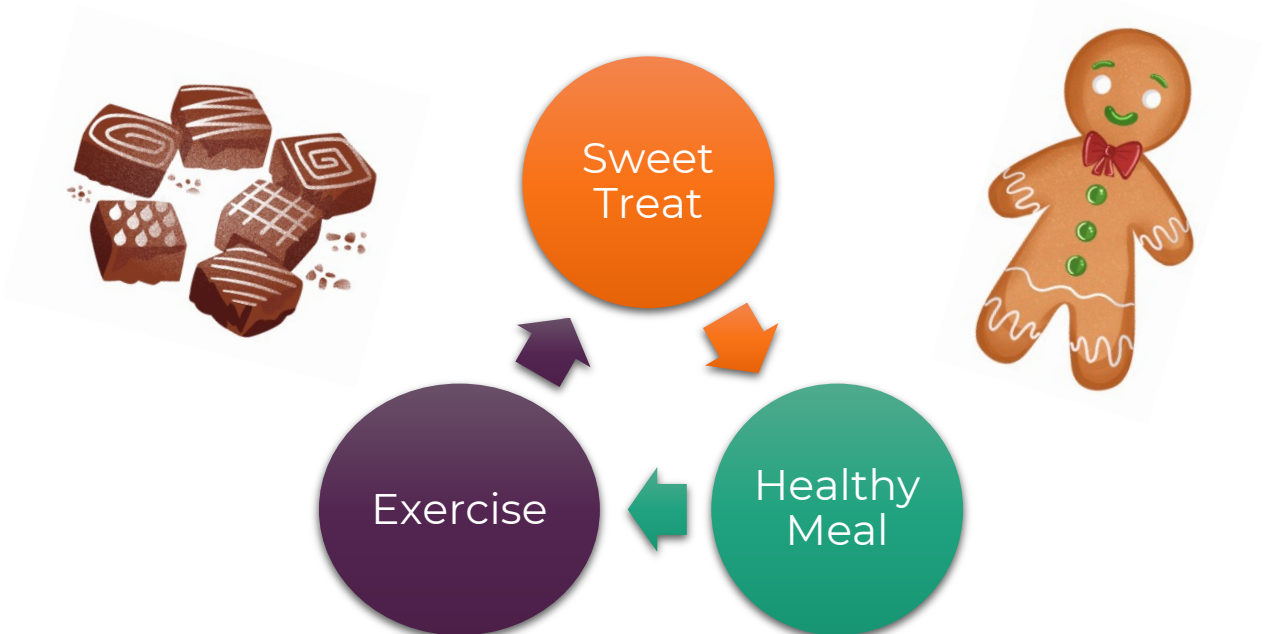
- Eat around the **times** you normally would in order to keep blood sugar steady.
 - If you can't, eat a little snack before and then eat less at mealtime.
- If invited to a party, offer to **bring a healthy snack**.
- **Don't skip meals.** Skipping meals can make you extra hungry and likely to overeat.

Don't Deprive Yourself!

It's ok to have a sweet!

If you have a sweet...

1. **Cut back** on other carbs and sources of sugar around the meal.
2. **Plan** when you will have a treat so you can plan healthier eating around it and exercise more!
3. Get right **back on track** to healthy eating with your next meal.
4. **Have the foods** you can't get other times of year.
 - Keep **track** of it in your plan.
 - Have a **small serving** and savor it!



It's All About Moderation

You can have some sweets and alcohol

- Think about your goals
- **"Why am I eating or drinking this?"**
 - Is it because of the stress the holiday season causes?
 - Do you just like the taste?
 - Are others around you doing it?
 - How will you feel *after*?



What is My Why?

How Do I Feel After?

Top Tips: Holiday Eating Edition!

Don't label food as "off limits"

"Budget" your calories

Wait 10 minutes before taking seconds

Distance yourself from the kitchen or buffet

Don't go out with an empty stomach

Limit liquid calories

Wear your dancing (or walking) shoes

Cook from the heart

Visit the people, not the food

Choose a smaller plate

Load up on fruits and veggies

Share those food gifts

I will be a role model of healthy holiday eating habits! I will lead my family and friends to better health by...

Portion Size Matters

Food	Original Portion	Calories	Reduced Portion	Calories
Turkey (white meat)	7 ounces	380	3.5 ounces	190
Gravy	¼ cup	129	2 tablespoons	64
Cranberry Sauce	¼ cup	90	2 tablespoons	45
Stuffing	½ cup	118	¼ cup	59
Whipped Potatoes	½ cup	94	¼ cup	35
Salad Dressing	2 tablespoons	100	1 tablespoon	50
Dinner Roll	1	70	Omit	0
Butter	1 pat	45	Omit	0
Wine	2, 4-ounce glasses	170	1, 4-ounce glass	85
Pumpkin Pie	1/8 of 9-inch pie	316	1/16 of 9-inch pie	158
Whipped Cream	2 tablespoons	162	Omit	0
Coffee Creamer	2 tablespoons	60	1 tablespoon	30
Sugar	2 teaspoons	40	1 teaspoon	20
Totals:		1774		736

Calories Saved: 1,038!

Find Healthy Alternatives

Homemade meals can help you eat healthy!

- **Processed and premade** foods are full of **excess salts and sugars** that can be avoided.
- Making food gives you **control** of what you are eating and when, making you more aware and able to **stick to your plan!**

Homemade cranberry sauce (low sugar)

- <https://wellnessmama.com/3392/cranberry-sauce-recipe/>

Healthy green bean casserole (low cal and fat)

- <http://www.eatingwell.com/recipe/250376/healthy-green-bean-casserole/>

Lighter creamed spinach

- <http://www.thecomfortofcooking.com/2014/02/lighter-creamed-spinach.html>

Oven-roasted turkey

- <http://www.foodnetwork.com/recipes/patrick-and-gina-neely/oven-roasted-turkey-recipe-1973646>

Make Sure to Sleep!

Staying out late and cutting back on sleep can make it harder to manage your blood sugar

When you're sleep-deprived you tend to overeat and go to high-fat, high-sugar foods

Try to get 7-8 hours of sleep to avoid mindless eating

How much sleep do you normally get?

How do the holidays affect your sleeping habits?



Dear Diary: Tracking Your Holiday Eating

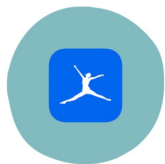
Why keep a food diary?

Keeping a food diary can double your weight loss. It can help you understand your eating habits and behaviors by showing what, when, and why you eat.

Do I have to write it down?

Many people benefit from the quiet reflection that comes with writing things down. You can write your foods in a journal or notebook (there are many free templates online!). Some people prefer to use an app. We like these apps:

My Fitness Pal



Lifsum: Healthy Eating



I'm going to record all of my foods at the end of the day. Is that okay?

It's best to record foods as soon as you eat. Not only does it guarantee that you don't forget anything, it helps you practice more "mindful" eating throughout the day.

What should I record?

Everything you eat or drink, no matter how small, should be recorded. This will help you understand if there are patterns to your eating.

Food Diary Examples

Day	Time	Food/Drink	How Much	Mood	Notes

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Breakfast							
Lunch							
Dinner							
Water							
Fitness							

Setting Goals to Stay on Track

Something I can do **at parties and gatherings** to keep my nutrition on track...

My holiday **fluid goals** are...

Little
Goals
Matter

The one food I can **never say "no"** to is...

How I can **manage those moments**...