

Join us for the Fitwize

# Nutrition Session

Friday, December 20

4 to 5 PM!



Our nutrition topic this month is on how to balance all the fun foods and sweet treats with nutritious foods. We will also enjoy a sweet treat together!

## Holiday Eating the Healthy Way

By Stephanie Mull, MS, RD, CSSD, CSCS

This time of year can always be overwhelming. There is so much to do and such little time to do it. All the holiday food surrounding us at home, at our friends' houses and at work can also be overwhelming. A lot of rich food (code for food that contains a lot of calories, fat and/or sugar!) is available that usually isn't around the rest of the year. There are more articles, blog posts and news segments on how to make it through the holidays without affecting your waistline. The problem is that it can be hard to know what to do, and then actually following through with healthy behavior. As role models for our children, we need to put healthier behaviors into practice for ourselves and for our children.



My first tip is to have realistic expectations. Don't go into the holidays expecting to lose weight. Strive to simply maintain. If you lose, then great! However, if you expect to lose weight and don't, then you'll most likely have feelings of failure. That's not the best way to start the New Year.

My second tip is to think about your challenges this time of year. Is it too many parties? Is it the temptation of foods that aren't normally available? Is it all the baked goods and candy people make and give you? Just think about it. Then think about how you can overcome this challenge. You can't always avoid the things that challenge you. The goal is to be able to manage those challenges.

A third and final tip is to make room for everything. Identify your favorite foods for this time of year. Don't avoid them but include them! The goal of a healthy diet is balance. Most of the foods you eat should be healthy: fruits, vegetables, whole grains and lean proteins. If you know you have a party or family gathering where a lot of food that is high in calories, fat and/or sugar will be available, then you should eat meals and snacks consisting of healthy foods on the day leading up to the party. Then at the party, allow yourself to indulge in your favorite foods there. Try to be mindful of the portions you consume and when your body tells you that you are full.

At the nutrition session this month, the kids will learn that a balanced diet is important even during the holidays. We will discuss that including high fat and high sugar holiday foods is completely acceptable, but they also need to make room for fruits and vegetables to obtain that balance. As a fun activity, we will decorate sugar cookies using a variety of toppings!

I wish you and your family a healthy and Happy Holidays and a Happy New Year!