

# Surviving the Winter Holidays While Reaching Your Goals

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Maria Canino, M.S.

# A Disaster Holiday Recipe

- Too little time
- Too many holiday parties
- Too much stress
- Constant encouragement to eat and drink for holiday enjoyment
- Increased anxiety, decreased willpower
- Built up cravings



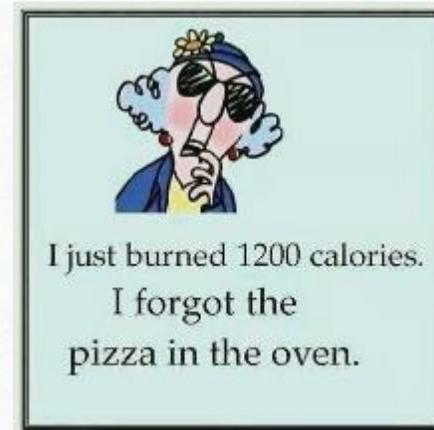
*But how can you avoid making this recipe interfere with your goals?*

# The Simple Strategies

- Set your scale back 10 lb prior to starting your holiday party week.
- Barely eat all day, start drinking heavily so you can pass out to avoid overeating.
- “If it doesn’t touch a plate, it doesn’t count as calories!”  
– my brother-in-law

**Let’s try a different approach, shall we?**

Avoid turning the Holidays into Holimonths



# Tackling Nutritional Obstacles

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When you realize your calorie count is now higher than your bank account



**EXERCISE**  
I thought you said "extra fries"

[www.Facebook.com/ArchieThePugstar](http://www.Facebook.com/ArchieThePugstar)

# Maintenance Over Weight Loss

- Cannot “diet” forever, why not use the holidays as a time for maintenance!
- Great time to take a “diet” break.
  - Plan a couple of weeks ahead to slowly increase calories.
  - Must have self-control to avoid snowballing effect of devouring food.



# Leading up to the BIG event

- Reduce carbs and fats, slightly increase protein.
  - In the end, it's all about your net gain/loss at the end of the week. Why not have some wiggle room for the big day?
- Reach fiber goals (25-40g/day) every day leading up to the event.
- Keep up with your workouts.
- Eat what's special, skip what's not.
  - Grandma's homemade secret recipe cookie or cake? **Go for it!**
  - Starbucks overly sugared peppermint mocha latte? **Maybe not so special.**



# Ordering Drink Tips

**STARBUCKS DRINKS UNDER 200 CALORIES**

LIGHT CARAMEL FRAPPUCCINO.....	130
COFFEE FRAPPUCCINO.....	180
TAZO ICED PASSION TEA (w/o sugar).....	0
TAZO ICED BLACK TEA LEMONADE.....	100
NONFAT ICED VANILLA LATTE.....	120
NONFAT ICED CARAMEL MACHIATO.....	140
ICED SKINNY LATTE.....	60
NONFAT CAFFE LATTE.....	100
SKINNY VANILLA LATTE.....	90
CAFFE AMERICANO.....	10

*\* BASED ON THE TALL SIZE*

**STARBUCKS FLAVORED SYRUP PUMPS BY LATTE SIZE**

[www.BusinessTravelLife.com](http://www.BusinessTravelLife.com)

 <b>TALL</b> 3 PUMPS / 60 CAL	 <b>GRANDE</b> 4 PUMPS / 80 CAL
 <b>HOT VENTI</b> 5 PUMPS / 100 CAL	 <b>COLD VENTI</b> 6 PUMPS / 120 CAL



# DIY Drink Tips: Save calories and \$\$

## Jiffy Java

- 1 scoop vanilla protein powder
- 2 tsp instant coffee
- 1 tbsp cocoa powder
- 1 tsp vanilla extract
- ½ cup nonfat milk
- ½ cup ice



## PROTEIN ICED COFFEE

@jessieanfitness



- ✓ Pre-workout
- ✓ Breakfast on-the-go
- ✓ Midday pick-me-up
- ✓ When you're struggling to get in enough protein & coffee is LIFE



Approximately  
**191 CALORIES**  
24P - 17C - 3F



**Starbucks' Peppermint Mocha**  
(Short, with 2% milk and whipped cream)

240 CALORIES | 9G FAT | 28G SUGARS



**Cooking Light's Healthy Peppermint Mocha Latte**

61 CALORIES | 21G FAT | 10G SUGARS

<http://www.cookinglight.com/recipes/peppermint-mocha-latte>

# Day of the BIG event: Before

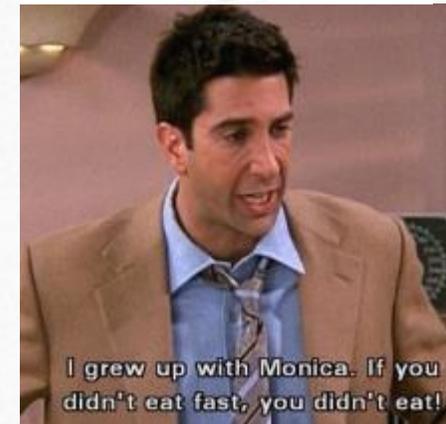
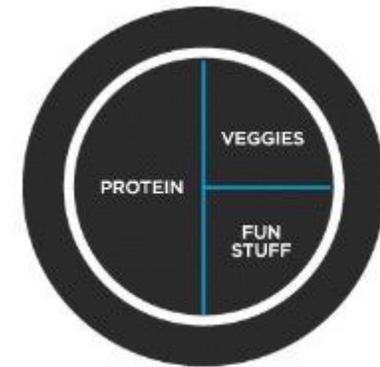
- Workout before the event.
  - Heavy/High-volume lower-body or whole-body resistance training session
  - Avoid long cardio sessions to “balance” out your eating
- Drink plenty of water throughout day.
- Consume sufficient protein (e.g., at least half) during the day and lower carbs and fats.
- DON'T show up starving to the big event.



# Day of the BIG event: During

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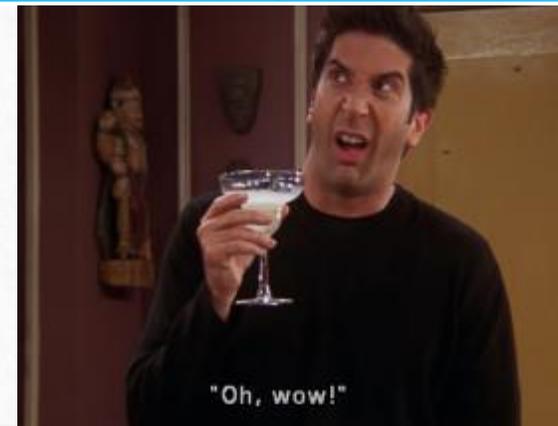
- Drink a full glass of water then survey the feast.
  - Grab or ask for a smaller plate to avoid temptation.
  - Serve your food with eating silverware rather than serving silverware.
  - Load up on protein and veggies first.
- Eat *slowly* and focus on the company rather than the food.



# Day of the BIG event: During

- Alcohol
  - Yummy calories, monitor consumption.
  - Gives you a false illusion of how hungry you actually are.
  - Drink less to avoid hangover for the next day workout (later slide).
  - Note: Table does not include mixed alcoholic drinks (even MORE calories).

DRINK	SIZE	CALORIES
Wine	5-oz glass (2/3 full)	100-150 cal.
Champagne	4-oz glass (3/4 full)	100 cal.
Domestic beer	12-oz bottle	100-150 cal.
Craft beer (Hefeweizen, Stout, IPA)	16-oz pint	200-250 cal.
Liquor (vodka, whiskey, scotch, rum, tequila)	1.5 oz	100 cal.



# Day of the BIG event: During

- Stop eating when you're satisfied. No need for tight clothing.
- Be picky about your indulgences.
  - Split desserts with company to have just a taste.
- Avoid sitting for long periods and hanging out by the food.
  - Help wash the dishes.
  - Play with the children (or pets)
  - Venture the cold and take a walk
- Enjoy the food guilt-free and move on!
- Remember: no one has become fat from one slice of pie.



# Day of the BIG event: After

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- Taking home leftovers. There are some options:
  - Option 1: Don't take any so you won't be tempted.
  - Option 2: Take home protein and vegetables. Saves you some time and money for the next couple of days.
  - Option 3: Bring home whatever you like. Save desserts for post-workouts.
- Next day: Plan for another high-volume workout. Put those delicious calories to good use.
  - Better yet, plan ahead to get a friend/family member to go workout with you (**accountability at its finest**).



“

Best thing to do after the holiday is just go back to your healthy and mindful eating.

NO juice cleanse.

NO crash diets.

**Just eat healthy.**

”



Kevin Curry

[fitmencook.com](http://fitmencook.com)



## (Some) Recipe Substitutions

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- ***Always*** taste test prior to serving to friends and family.
- Be sure to jot down the ingredients in the dish for individuals with food allergies and/or special diets (e.g., tree nut allergy, diabetics).
- The “real” food will always taste better. So don’t stress over eating the real food if the substituted version is not appetizing.

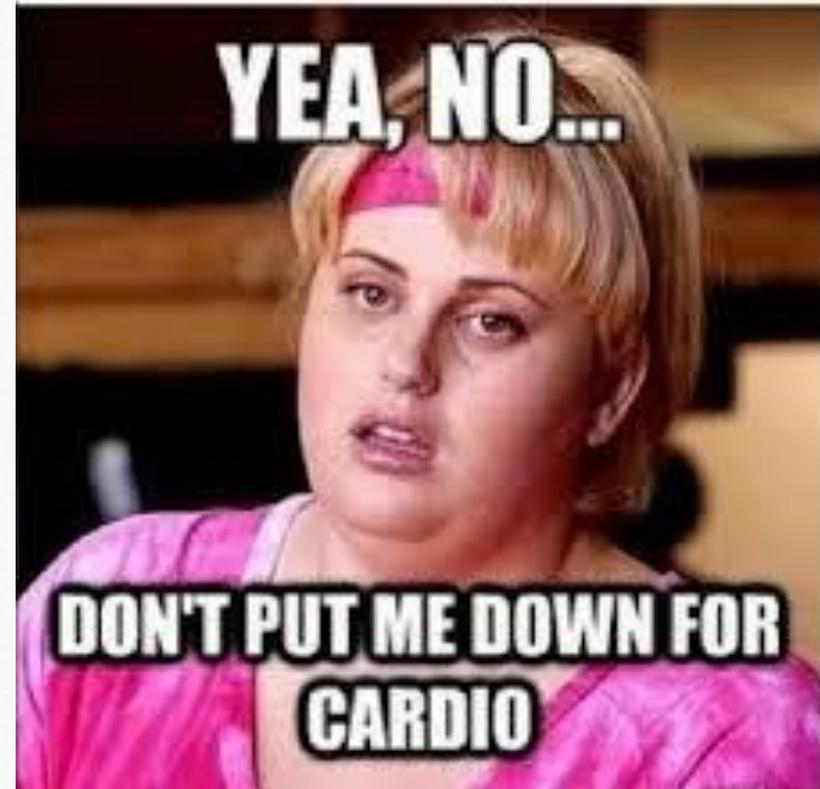
Ingredient	Substitution
All-Purpose Flour	<ul style="list-style-type: none"> <li>• Whole Wheat flour (<math>\frac{3}{4}</math> c. for 1 c. all-purpose)</li> <li>• White Whole Wheat (1 c. for 1 c. all-purpose)</li> </ul>
Vegetable/Peanut Oil	<ul style="list-style-type: none"> <li>• Olive Oil (1 for 1)</li> <li>• Coconut Oil (1 for 1)</li> <li>• Applesauce (1 for 1)</li> </ul>
Sugar	<ul style="list-style-type: none"> <li>• Just use less overall.</li> <li>• Honey (<math>\frac{1}{4}</math> c. for <math>\frac{1}{2}</math> c. of sugar)</li> <li>• Plant-based sweeteners (e.g., Stevia)- see manufacturer label</li> <li>• Artificial sweeteners- see manufacturer label</li> </ul>
Sour Cream	<ul style="list-style-type: none"> <li>• Greek yogurt (1 for 1)</li> </ul>
Milk chocolate	<ul style="list-style-type: none"> <li>• Dark chocolate (at least 70% cacao) (1 for 1)</li> </ul>
Milk	<ul style="list-style-type: none"> <li>• Skim (1 for 1)</li> <li>• Almond/Cashew milk (1 for 1)</li> <li>• Rice milk (1 for 1)</li> <li>• Hemp milk (1 for 1)</li> <li>• Coconut milk (1 for 1)</li> </ul>
Mayonaise	<ul style="list-style-type: none"> <li>• Plain Greek yogurt (<math>\frac{1}{2}</math> Greek yogurt for <math>\frac{1}{2}</math> mayo in recipes)</li> <li>• Avocado (1 for 1)</li> </ul>
Pasta	<ul style="list-style-type: none"> <li>• Spaghetti Squash</li> <li>• Zucchini noodles</li> </ul>
Butter	<ul style="list-style-type: none"> <li>• Canned pumpkin (1 c. for 1 c. butter)</li> <li>• Other vegetable purees (1 c. for 1 c. butter)</li> <li>• Unsweetened applesauce (1 c. for 1 c. butter)</li> <li>• Mashed bananas (<math>\frac{1}{2}</math> c. for 1 c. butter)</li> </ul>

# Battling Exercise Barriers

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"Hey, do you wanna go work out?"

@martinsandmayhem



# Make Time for Exercise

- “Don’t be a perfectionist. Rather, be persistent.”
  - Can’t go for an hour? Try 20-30 minutes.
  - The only bad workout is the one you didn’t do.
- Schedule big workout the day of and after the holiday event
  - Helps to optimize the extra calories consumed.



# Ditch the Guilt, Avoid Compensating

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- Don't punish yourself with exercise.
- Don't perform endless amounts of cardio before and/or after.
  - End result is an aching body and joints accompanied by an unhealthy mind (e.g., punishing self for feeling guilty).



# Concluding Thoughts

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- Add in casual walking whenever you can.
  - Host/Hostess has a dog? Offer to take it for a walk at the event.
- Traveling this season and you have to cut back on workouts? **It's okay.**
- Don't be afraid to switch up your traditional workouts to home bodyweight workouts.
  - Think HIIT workout

# Weight gain will most likely happen...

- This can be in the form of water weight, fat weight, lean body mass weight, or a combination of these.
- Avoid stepping on the scale for a couple days or up to a week after a big event to avoid negative self-talk.
- Don't let it ruin your spirits. You always have oversized sweaters 😊.



Questions?

