Webinar Overview & Resources

Managing Weight: Tips for Handling the Holidays

It's easy to gain weight over the holidays. How can we celebrate those special seasons and traditions without packing on pounds? Cecelia Jacobson, a PeaceHealth dietitian, shares key strategies and ideas:

1. **Keep consumption under control.**
    a. **Don't skip meals.** Keep your body's tank fueled to avoid overeating.
    b. **Eat breakfast.** Try a balance of protein, high fiber carbohydrates and a little healthy fat.
    c. **Drink water.** Hydration helps your body curb your appetite.
    d. **Keep portion sizes small.** A few bites can satisfy your craving.
    e. **Make sleep a priority.** Not getting enough sleep is linked to increased hunger.

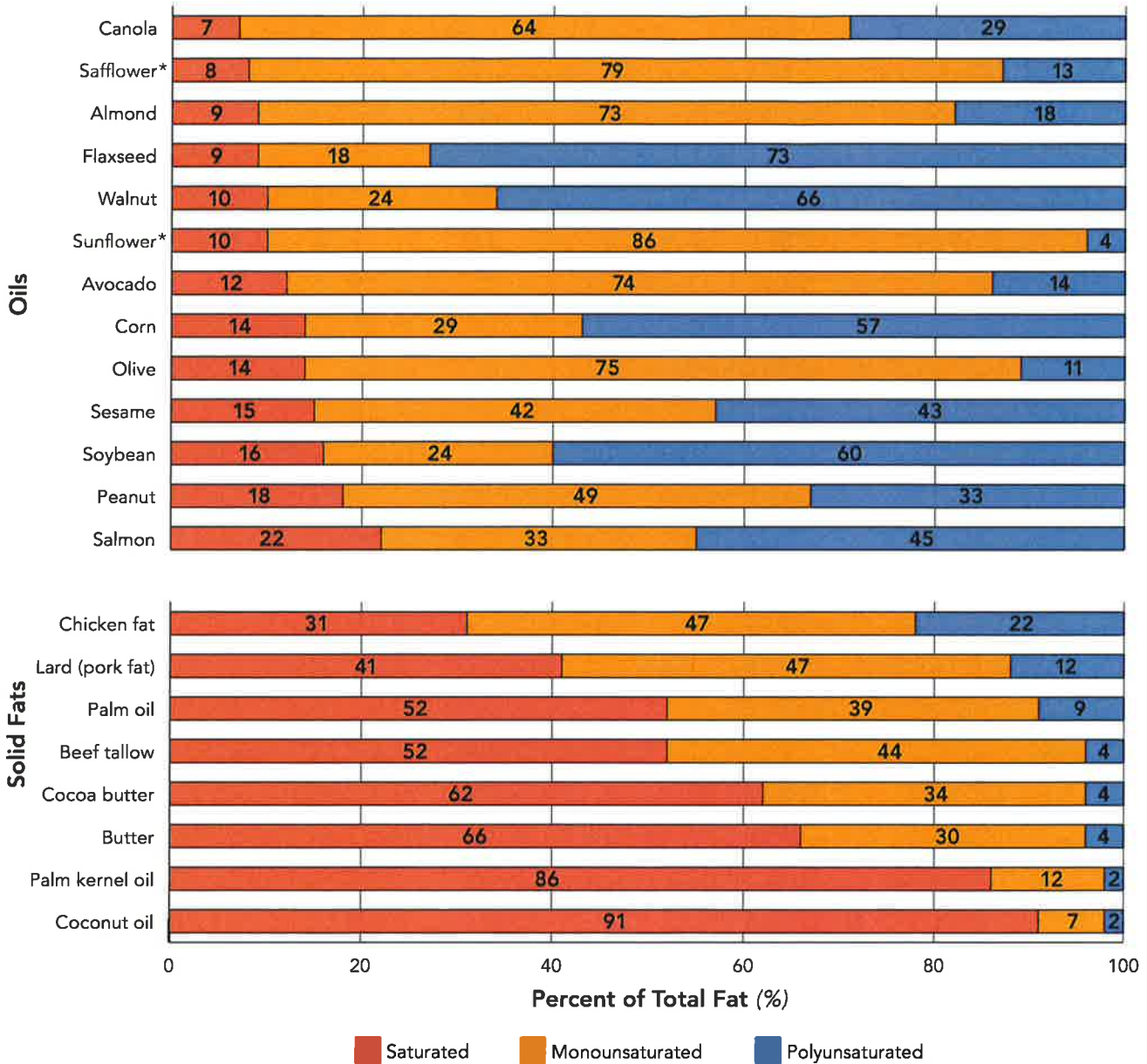2. **Avoid weight gain by exercising and getting out of the kitchen.**
    a. **Take an after-meal stroll** for 30 minutes.
    b. **Put on some music and dance**. Or just do anything to keep your body moving.
    c. **Unplug for 10 minutes.** Give yourself space and time to be still.
    d. **Breathe.** Practice a 4-7-8 relaxing breath. Breathe in for 4 seconds, hold for 7 seconds, breathe out for 8 seconds. Keep practicing this breath throughout the day.

3. **Try healthier alternatives—either new recipes or ingredient substitutes.**
    a. **Use high quality ingredients** to give treats a flavor boost (e.g. vanilla bean, high-end chocolate or fresh spices).
    b. **Make small changes to recipes** to reduce calories
        i. **Reduce fat.** This can cut calories by 135 calories for every tablespoon of fat.
            1. Veggies – use water or broth to sauté or roast (on parchment).
            2. Baked goods – use half the fat called for in the recipe by incorporating one of the "substitutes for fats" from the list below.
        ii. **Use healthier fats.** If a recipe calls for butter, replace some of it with a small amount of olive oil, avocado oil or canola oil instead. *(See page 2 for oil/fat comparison.)*
        iii. **Use substitutes for fats.** Fats have many functions in baked goods, including tenderizing, providing moisture and flavor, while also adding lightness by trapping air. A good rule of thumb to ensure the end-product maintains its texture and taste is to use the substitute for about half of the fat. If your recipe calls for 1 cup of fat, use one of the following instead:
            - **Applesauce** works well to replace liquid fats like oil in cakes.
            - **Banana** works well to replace butter or margarine in muffins or pancakes.
            - **Pumpkin or sweet potato puree** works well in place of butter or oil in gingerbread. Use 1 cup puree for 1 cup oil. Use ¾ cup puree for 1 cup butter.
            - **Pureed dates/prune/figs** work well in place of butter or margarine in cookies.
        iv. **Reduce sugar.** Try using 25% less sugar, but you may need to add a little liquid.
        v. **Use chia seeds for an egg.** Eggs are ok in moderation, but chia seeds are great for their high fiber and Omega 3 content and can be used to replace up to two eggs in a recipe. Combine 1 tablespoon of chia seeds with 3 tablespoons of water and thicken for about 15 minutes. This works well in recipes for muffins, cakes and cookies. If a recipe calls for more than two eggs, you can replace 1 whole egg with 2 egg whites.

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OIL in the FAMILY

All fats are a mix of saturated, monounsaturated, and polyunsaturated fatty acids (though people usually categorize each by the fatty acid that predominates). Odds are, you get mostly soybean oil in prepared foods (like salad dressings, mayonnaise, and margarine) and restaurant foods. So you'll probably end up with a good mix of unsaturated fats if you use canola oil and olive oil (when you want its flavor) for cooking. ♦

Oils

Oil	Saturated	Monounsaturated	Polyunsaturated
Canola	7	64	29
Safflower*	8	79	13
Almond	9	73	18
Flaxseed	9	18	73
Walnut	10	24	66
Sunflower*	10	86	4
Avocado	12	74	14
Corn	14	29	57
Olive	14	75	11
Sesame	15	42	43
Soybean	16	24	60
Peanut	18	49	33
Salmon	22	33	45

Solid Fats

Fat	Saturated	Monounsaturated	Polyunsaturated
Chicken fat	31	47	22
Lard (pork fat)	41	47	12
Palm oil	52	39	9
Beef tallow	52	44	4
Cocoa butter	62	34	4
Butter	66	30	4
Palm kernel oil	86	12	2
Coconut oil	91	7	2

Percent of Total Fat (%) — 0, 20, 40, 60, 80, 100

Legend: Saturated / Monounsaturated / Polyunsaturated

*Sunflower seeds are higher in polyunsaturated fat and lower in monounsaturated fat than most sunflower oils. Some health food stores sell high-poly sunflower or safflower oils.

Note: The fatty acids in meats, nuts, chocolate, and other foods are similar to their respective oils, butters, etc., shown above.

Sources: USDA National Nutrient Database for Standard Reference (Release 28), National Sunflower Association, Flax Council of Canada.

Nutrition Action.com