

GIVE A GIFT TO YOURSELF

BATTLE OF THE HOLIDAY BULGE

The holiday season is approaching and so is the fear of holiday weight gain. Office parties, family get-togethers, beautiful baked goods and treat platters - it's no wonder that most people gain weight over the holidays. A study in the New England Journal of Medicine had some surprising findings! The average weight gain from American Thanksgiving to the day after New Year's was approximately only 1 pound. While 1-2 pounds may seem slight, a small annual increase can accumulate over the years and over a 10-year period, that can equate to a 10-pound weight gain.



Top 3 Tips to Battle the Bulge

- 1 Plan your holiday schedule.** There are likely more days in your calendar without events than there are with. Use these days to your advantage! Make your "off days" an opportunity to really capitalize on proper nutrition and clean eating. Odds are, you'll be following the 80/20 rule without much effort!
- 2 Fill up on healthy options.** Fill up on healthy and satiating protein-based snacks like nuts and seeds, hummus, and cubes of cheese. Hunger can force you to overeat and fill up on the wrong foods. Fill 50% of your plate with fresh vegetable-based dishes, 25% with a healthy protein, and 25% of whatever else that you wouldn't normally eat. Follow-up a holiday party with a 1-day liquid semi-fast of smoothies, light clear soups or broth, and water or herbal teas. Fasting after a holiday event can press the reset button and help to eliminate water retention, bloating, and digestive upset.
- 3 Enjoy your favourites.** There's no denying that holiday foods are delicious! Traditional family foods are an important part of whatever holiday you celebrate. View it as a "for a limited time only" deal. Forgo regular desserts that you can have any time of year and give yourself permission to enjoy a small portion of a holiday favourite - GUILT FREE!



Remember to Stay Active. December... It's a triple threat when it comes to healthy living. Too much food, too little exercise, and an increase in stress. Exercise can help lessen the impact of holiday indulgences, ease stress levels, boost moods, and provide the energy needed to keep up with a busy schedule. Health Canada recommends 150 minutes of physical activity per week in bouts of 10 minutes or more. To stay committed, integrate physical activity into your holiday to-do list!

- Burn calories by vacuuming, dusting, or washing walls.
- Walk the mall at a pace fast enough to raise your heart rate.
- Turn up the holiday music and dance while you wrap, bake, or decorate!

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Satiating Snacks for Success

- 1 Avocado Toast
- 2 Quinoa Salad
- 3 Veggies & Hummus
- 4 Homemade Granola Bar
- 5 Trail Mix
- 6 Protein Balls
- 7 Boiled Eggs
- 8 Apple & Nut Butter
- 9 Whole Grain Crackers & Goat Cheese
- 10 Chia Pudding

Portable Peanut Butter Protein Bites

Ingredients:

1 cup almonds
1 tsp vanilla extract
1/2 tsp cinnamon
1 cup pitted dates
1/4 cup cacao nibs
Heaping 1/2 cup peanut butter or nut butter
2 pinches of salt (if your peanut butter isn't salted)

Directions:

In a food processor, pulse the almonds until a coarse meal forms. Add the vanilla, cinnamon, dates, peanut butter, and salt. Pulse everything together until well blended and sticky when pressed between your fingers. Add more peanut butter if the batter seems dry. Roll dough into 16 bite-sized balls. Cover and keep chilled in the fridge.

Servings: 16 | Total Calories Per Serving: 147
Per Serving: Fat: 8.6g | Sodium: 57mg | Carbs: 15.6g | Fibre: 4.9g | Protein: 4.6g



Don't Drink Your Calories! Did you know the average person's beverage consumption can be a major contributor to total daily calories? Approximately 10-20% of our calories come from what we drink! Add in the warming holiday beverages that you don't normally drink and the extra alcohol, and that percentage climbs! Indulgent winter coffee beverages, hot chocolate, and eggnog can sabotage your goal to avoid holiday weight gain. Limit the damage by stopping at one drink a week. Make it a small, and savour the moment.

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4336296/>
http://www.csep.ca/CMFiles/Guidelines/CSEP_PAGuidelines_adults_en.pdf
<https://www.refinery29.com/en-us/58126#slide-5>