



nutrinews

written by Gale Welter, MS, RD, CSCS
Nutrition Counselor, Campus Health Service



Q:

Do you have any tips so that I don't gain a ton of weight over the holidays... and still eat all the food I love?

A:

Be realistic. Instead of trying to lose weight over the holidays, concentrate on maintaining your weight.

Remember that calories add up. Fifty here, fifty there and you can gain a pound or two. Think before popping one of mom's cookies in your mouth every time you walk into the kitchen.

Take smaller amounts of the foods you love and eat them thoughtfully so that you enjoy them, but not in never-ending quantities. Put some in the freezer so that you know there will be more at a later date.

Wouldn't it be great to bring some of your favorite things back to school and have another taste later in January?

At meals fill most of your plate with vegetables and fruit, then add protein (poultry, meats, fish, eggs, beans, soy foods). Next, take much smaller amounts of starchy carbs (or just pick your most favorite: stuffing, potatoes, rice, rolls, etc.). Go easy on butter, nuts, chips, dips, salad dressings, candy, fudge, cookies, cheeses, whipped cream, sour cream and fatty cold meats.

Eat dessert two hours after a big meal. This will replace the 700+

calorie snack of leftovers you might usually have.

Pay attention to what you're drinking. Drink plenty of water and only moderate amounts of caffeinated beverages. Limit regular sodas, punch, eggnog and other high calorie drinks.

Limit alcohol. You will avoid the calories from the alcohol itself as well as the additional calories you are likely to eat from its appetite-stimulating effects... not to mention limiting risks associated with having too much alcohol.

Move!!! Whether a daily walk, a drop-in yoga class, or a short-term membership

at your local gym, get out most days and exercise.

Cut your stress. Our society focuses of the outer things, but you can make a conscious effort to fill your break with thoughtfulness, balance and leisure. Many of us have expectations that will never be met. Focus on what is good, do-able and present, rather than what is missing or impossible. Stress can drive any of us to mindless, unending feeding frenzies.

No-cost gifts to give yourself and loved ones: Listening, laughter, a sincere compliment and restful solitude.

Happy, peaceful holidays to all of you!

Got a question? email:
wildcatnutrition@yahoo.com

Visit our website for more info: www.health.arizona.edu (Go to "On-Line Library" and click on "Nutrition") • For individual nutrition appointments, call 621-9202. \$25 initial, \$15 follow-up