Good afternoon everybody thanks for tuning in for our November webinar on healthy holiday hacks we're starting the holiday season this month with work parties stress shopping holiday shopping business trips and then of course Thanksgiving and Christmas on the horizon the first will have a personal check in see what we might be anxious about why this time of year can cause some stress around the holidays and then we'll go over some healthy hacks that you can either buy planning out your holiday Extravaganza or doing some simple swaps you'll get an email at the end of today's presentation that gives you the Powerpoint slides as well as some additional handouts let me introduce myself my name is Christy Goff I'm a registered dietitian with Pacific Medical Center on the Living Well Alliance team and this team is giving you lots of preventive information around nutrition and health topics we do have nine other clinics around the Puget Sound to offer some care for medical reasons or preventative reasons to take a look if you haven't heard of us then we'll go over some barriers to healthy eating well then look at some ways to navigate holiday parties and give some tips around what to do first and then there won't describe some simple recipe changes and hopefully get you guys involved in some of those recipe substitutions to make your traditional holiday treats maybe slightly healthier the first thing about if this time of year brings up any type of feelings is it anxiety stress what's going on in your life during this time of the year is there work deadlines starting to plan for 20-20 for example and then also maybe take into account that the weather is changing it's getting darker you might have less energy and it's definitely a time where we tend to hibernate and go inward with a lot of our extra curricular activities so if you have any specific reasons why this time of year it's hard to eat healthy feel free to put that in the chat bar as we continue on these are just some of the ones that I've heard right so it's stressful you're hosting people you might have high expectations for some of the routines around the holidays as well as really excited about certain foods that come out this time of year a lot of people serving buffet styles that can be tricky lots of deserts and candy on her office the other day was actually a bowl of candy some brownies and some soda so I can feel your pain if you're in an office that has a lot of different Temptation throughout the day I wanted to test your holiday food IQ with a couple of polling questions so the first one is what's the best Pie bestbet when craving a pie or which one has the least calories so if you're on the line today you can vote I know there's not too many people got some for pumpkin and the other guesses while you're right it is pumpkin so depends on what you're putting on top of your pumpkin pie but technically technically this is includes a vegetable and it has a slightly less calories than on our Apple pecan is essentially just pure sugar right so that can add up quickly and Apple has some fruit in it but again it's usually cost in quite a bit of sugar what about this question so I'm going to bring up another polling which cheese is the best cracker topping hold on one second as I pull up the second one okay so we have a choice of three cheddar or goat I know it's really common to have some appetizers at cheese play or some kind of cheese so just know if this is one of the things you do really like and look forward to or if it's something that you can minimize appetizers are huge hunger stuck right so at the beginning of the meal you're more hungry you tend to eat more snacky things and maybe not even saving room for all your favorite dinner entrees so we got good smart teeth on the call today so yes goat cheese was the lower-calorie options she's in general does add up fast it does have a little more saturated fat than the other dairy products like yogurt and milk to take that into consideration if you are work your cholesterol levels or anything else in that realm will thanks for participating in that one so let's get into some tips for Holiday eating some of these there so many out there and some of these may seem obvious but they're just good reminders to go through during this time of year so the first one on our list is being realistic there's a lot of joy and having treats friends and family but knowing your limits can be really helpful knowing your limits around how much you can manage so time management around planning or hosting different parties and then knowing how certain foods make you feel right so I think we often really think about how the food is going to taste as opposed to how we're going to feel afterwards so it's nice to know that if you're doubling up on caffeine that could potentially lead to more anxiety and more stress and same with sugar it can make us feel shaky have stomach aches or again too much fat can also recall Connor digestion of being realistic with some of those things it's also definitely not a time for weight loss this time of year we tend to just eat more heavier food more comfort food so let's have a goal of continuing weight maintenance and really working to think about our healthy habits that we can continue throughout this time of year such as exercising regularly or eating or vegetable the second one and possibly my favorite or most important tip that I like to share is trying to avoid skipping meals and know it's really easy to say well I'm going to have a big meal or going to this party with lots of food I'm just not going to eat before I go but we have to remember that our body doesn't necessarily work like that the hungry or we get to the more ravenous and less control we have over our choices so it's not skipping meals and having maybe it's just something light before your party we have a lot more logical thinking about the choices of food that were making it is nice to kind of eat regular and not have those huge swings of not eating for a long time but then one is around actual meals that will be eating so this is my v-mail smart so there's a couple suggestions around this first to the smaller plate so this might seem silly but at a buffet we chanted filler plate to the max no matter how big it is so if you have a bigger plate your 10 you'll tendency is to fill that up and really specially when you have a lot of different options to eat it's really easy to just fill it up quickly so if you start smaller gyro your first round will be a little bit smaller and you might have some time to figure out are you over full still hungry to go back for that I can play secondly I can be really helpful to load up on your vegetables either earlier in the day or as an appetizer get them out of the way kind of things so we are ensuring that we're still getting nutrients and fiber for proper digestion hopefully you're enjoying them as a nice option to you can cook them and roast them those are always to still have them be released before a party third one is watching our beverages will talk more about beverages on the next flies but they can add up really fast so just see it as an example the average American consumes about 450 liquid calories a day during the holidays so again this can add up quickly with just a few beverages especially those more creamy holiday beverages that we think about like eggnog and some of the hotter alcoholic beverages and then lastly or finally we can think about some simple swaps so common recipes that we make how can we add more fiber more nutrients and take out some of the sugar the stuff at that might be really nice but also might not be needed so you can kind of pick and choose which one you're going to swap if it's your favorite ever keep it the same but maybe there's something else in your plan that you can kind of Swap and make a little bit healthier and we'll talk more about that later stop guess the calories are just some drinks that are common during the holiday season so I'm just taking a quick Google and you might be able to just decide which one has the most calories in which one has the least calories note the sizes of them as well I did put them somewhere in order but you can see that the top one has about 660 calories 26 grams of fat and 94 grams of sugar just as a reference soda has about 50 grams of sugar for a 12 oz Coca-Cola so that's a lot in one beverage especially if you're going to do more than one so that would be comparable to some of those Starbucks Frappuccinos that are out there the holiday favorites right and then just going along the last day they can range from a lot of different fat in their drinks from dairy products eggnog specifically has quite a bit of fat or it just can have a lot of sugar from some of the mixers so just know what you're drinking and have an idea beer has anywhere from about 100 to 200 calories per 12 oz container as well just for some comparison and it has a little bit of carbs but no free sugar so some additional tips we can't talk about holidays without just emphasizing exercise it can be a real struggle this time of year again the cold but dark Sometimes some of you might not be seeing you when you get home either before or after work so the good news is you can try to just continue with exercising at work doing little 10-minute breaks where you can walk around get some fresh air especially if it's not completely raining or completely drenched out there's a lot of fun Groupons this time of year or new classes around gratefulness and meditation and some of those things can be found on Groupon or just from a neighborhood studio so look up ways to fit some some stretching or exercising to get your heart rate really moving and healthy because it's not only helping your body but it's helping your mind reduce stress people have better concentration and that you're better able to multitask if you're doing some kind of exercise increasing that those endorphins in our body and then my next one is being picky so as a kid we were kind of told right picky eating was bad but mostly it's because there were around healthy food now how can we be picky around the not so healthy foods pick and choose what we can't live without and kind of ditched the other stuff or at least minimize the amount that you're mindlessly snacking on things that really aren't that satisfying to you so for example I love homemade chocolate chip cookies but I don't really enjoy eating a lot of the store-bought ones depends what brand it is of course so that's just a note for myself that when I do eat those things that aren't really satisfying to me afterwards I kind of feel works for it right but if you really truly enjoy it and kind of look forward to certain pies or certain dishes this can be the time to indulge and to be mindful with what you're eating but kind of ditching some of the other stuff that you can have either anytime of year or that really aren't making me very excited about and then the last one is being mindful so I mentioned this a little bit and we'll talk a little bit more about mindfulness in a second but we should really try to trust ourselves and I know there's a lot of talk about eating in moderation but holidays are not a time for moderation right we need to indulge we have the celebratory experience and that's okay and we just need to be mindful how that's affecting our body what kind of judgments made be coming up from that and really learning to trust yourself and know that one day of crazy eating isn't going to throw you off of your health goals that should be fine you should be favoring some of these feelings and maybe even embracing how full you're going to get during Thanksgiving it is just one day a year right so let's look a little bit more at mindful eating real quick and we could do a whole class on this but I just wanted to mention a little bit about what this concept the mindful eating is the definition is on your screen it's a practice of cultivating an open-minded awareness of how the food we choose to eat affect our body our feelings and our emotions so it's really just about tuning in to what were thinking about food how were using those spots around choosing what we're going to eat and then seeing if there's any ramifications after that the one of the biggest concepts of mindful eating is trying to acknowledge some of our responses to food without judgment so especially in the holiday that here all the time like I'm so bad I ate this I ate that that can be just enlightening to know what kind of food you're choosing just know that trying to take out the Judgment pretend it was a friend that was saying that how would that how would you approach that friend what would you say to going to neutralize the emotions around that food so it's true mindfulness you can start to notice how full you get how uncomfortable you might get maybe even affect Behavior because of some of the feelings that you are getting around food and like I mentioned before just being really in tune with some of the case and feeling that you are satisfied by eating these Foods as opposed to just eating them because they're on your plate one of the ways to start with mindful eating as using a hunger scale and you can do this I wouldn't recommend that silly doing this on Thanksgiving or a holiday meal but doing this kind of throughout the month so this is about Hunger scale is scale from 0 to 10 and it's essentially just seeing where you're at as far as how do you feel hungry right now or are you really full right now when did you last eat so that's nice to know before you kind of dive into the hunger scale it can go from ravenous you're over hungry might be that hungry feeling to a nice happy your hunger weekend though I'm so excited to eat and then hopefully finishing your meal feeling satisfied but not super uncomfortable stuffed and sick like this cat looks right right this is a nice one too just utilize throughout your day to see are you tuning in to your hungry hunger are you being mindful about when to start eating when to finish eating or is kind of stress throwing a lot of this off is it either causing you to eat too much or not eat at all so things to just consider as we talked about holidays I think it's really important to just get to the bottom of be more mindful around what were eating and then seeing what where the problem lies right all right let's dive in next to revising our menu plan system strategies to make both traditional dishes a little bit healthier so first I want you to think about is there any traditional foods that you would never change right from your holiday party whether that's around food or not it's good to just know that there's some non-negotiables in there and that's fine right I'm never going to change my family's obsession with this artichoke dip that my aunt makes for every holiday and that's great like we look forward to that it can be a bonding experience and I know that we're not going to make a healthy version of basically the next thing is what foods are usually prepared but not eaten or if people aren't very excited about right so you can always try to throw in a few new foods every year but it's nice to know if people will making a huge effort to make the sweet potato casserole like like that is pictured here and no one really actually likes it maybe there's another way we can prepare the sweet potatoes that are little bit healthier that people might not miss this much if we took it away let's look at some recipes when modifying there's some easy things you can swap to cut the calories potentially or cut the sugar amount so if you have any recipes that call for oil sometimes you can replace these with fruit or a vegetable. Like pumpkin puree or sweet potato puree and then you can cut the sugar because they're natural it provides some moisture which is what the oil is usually doing and pick spreads and brownies muffins I wouldn't do it for like really specific to baked goods cuz it might affect the texture but just know that you can kind of play around with those and there's some fun recipes that you can actually replace some of the eggs with vegetable or fruit puree as well I'm so you'll have this in your handouts but I just want to point out a few of these and we'll talk about some substitutions as we get into the next recipe so I wonder if you guys have ever had or still have the green bean casserole dish so this is a traditional recipe that's on your screen and think for a moment what kinds of changes you could make it to First decrease the overall calories and then maybe focusing on decreasing either saturated fat or salt cuz this this can get quite salty with all of these Edition hopefully you're thinking about some of these recipes if you want to add any that you think in the chat bar that's a really good idea these are some goals and there are some different versions of green bean casserole so if you're looking for a new recipe that I put a link on the bottom of the screen for a vegan green bean casserole which is basically fresh green beans with some fun toppings on on it besides the whole casserole so here are some just changes that I was thinking of you could do low-fat milk at some of the cheese or salt that's required or recommended make your own cream of mushroom soup or just use a regular broth amp up some of the spices and herbs because if you are omitting salt and taking out some of the fat you want to make sure it still tastes good so this is when you could add some fresh oregano or thyme on something that's Thanksgiving Eeyore stage that will give it a lot of good flavor maybe you caramelize some onions for that natural sweetness some nuts for crunch and then you can always add any more vegetables right so it doesn't always have to be just stringing you could do slices of carrot parsnip celery some of the more hearty vegetables that would be really well in a casserole apps that give you some ideas here's another one to look at it's a traditional mashed potato recipe so lots of Buttermilk sour cream and then a some spices so thinking about what you could do what you've heard about here's just some changes I'm wondering if you heard about cauliflower mashed potatoes some people again mashed potatoes is a non-negotiable recipe that's okay but if it's what not one of your favorites maybe you do try some cauliflower in there maybe you try some yogurt instead of sour cream as a nice Tang to it you could even do a different type of milk right so unsweetened almond milk has no carbohydrates in it so if you're working on a lower carbohydrate dish you could do some cauliflower but also some unsweetened almond milk so whenever you're looking at a recipe I just quiz people on look at them might wait right so is the grains mode the majority of the dish can you figure out a way to add more protein and there may be some vegetables to kind of break up some of the carbohydrates usually that's the most prominent in our holiday meals however you can also have just a huge amount of protein and forget about your whole grains vegetables Etc so this is a good starting place for Anytime of the year but especially when you are making your plate for holiday meals especially if it's a buffet you can kind of pick and choose based on this my plate model and they have some really great resources on choosemyplate.gov if you want any extra holiday tips to have like a 10 tips for managing holiday eating and they have a lot of meal planning suggestions as well lastly holidays can be all about eating but you can also focus on other activities that are are really fun so these are just some suggestions does anyone have any Traditions that they like to do that small food I know some people do like a 5k or a volunteering thing on Thanksgiving morning so maybe it's a yoga class or some dancing or things like that can be really helpful to just bring more focus on other things besides food especially if you tend to hang out as a group in the kitchen and just start eating constantly the whole day it's nice to kind of break up those periods of snacking with some different activities happy holidays I hope that gave you some good ideas like I mention I'm going to send you a survey and some resources after this feel free to email me if you have any questions about today or if you didn't watch this live and would like still there the handouts that I sent out please just email me and I'll get those to you right away thanks for listening