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NUTRITION SEGMENT NOVEMBER 19TH, 2007: HOLD 'EM OVER THE HOLIDAYS

The triple-decker of eating is coming – Thanksgiving to New Years! Don't try to be a hero and lose weight during this tempting time of togetherness and food. Aim to maintain your weight. Getting through this time is like driving in a snowstorm. Your environment is challenging with obstacles and unexpected turns. Take charge of the wheel, stay the course and be more aware of your offerings, feelings, reasoning and choices. Use the 6 tips below for the next 6 weeks to HOLD 'EM over the Holidays.

Week #1: Reign 'Em In this week! Practice the art of eating to 80% fullness. Imagine a fullness scale from 1 – 10, with 10 being full to the point of feeling bloated and ill. During the meal, check in with your fullness factor and aim to stop eating when you feel between a 6-8 fullness factor.

Week #2: Tasting is Eating. If you have a habit of eating while cooking or walking around or standing in front of the refrigerator, count all of the bites as calories. Consider each bite you take to be 25 calories. Take a day and put everything you would have tasted into a baggie and count up the calories.

TASTING FOOD	CALORIES
Handful of nuts	203
3 cheese cubes/3 crackers	142
3 spoons stuffing	170
2 spoons cranberry sauce	100
Turkey leftovers	89
2 chocolate turtles	165
Pie shavings	120
TOTAL CALORIES	989

Week #3: Are you Following the See-Food Diet? You will be surrounded by food which will visually trigger you to eat. Remind yourself that if you didn't see the food you wouldn't have thought of it. Get it off the kitchen counter, out of the break room, off your desk or put it in the freezer.

Week #4 Change the Workplace. If bringing goodies is a compulsory thing in your workplace, bring something that is full of flavor but not calorie-concentrated. Include fat-free cream cheese mixed with salmon, served with whole grain crackers. Try crab stuffed mushroom caps (heat in microwave for 2 minutes --they are juicy and delicious). Bring in a basket of clementines or cut-up exotic fruit like star fruit and pineapple. Serve a homemade bean dip with cherry tomatoes and whole wheat pita bread. Meringue cookies with mini chocolate chips also work.

Week #5 Keep Your Thoughts on the Trigger. Many things trigger us to eat whether it is the time of the day, a smell, a commercial, eating because everyone else is, or wanting a different taste in our mouth. Try to determine your eating triggers and tell yourself to “ride the wave.” Most triggers, or impulses to eat, last 3-4 minutes. If you can re-direct your thoughts away from food usually you can override the trigger to eat.

Week #6: Close Down Eating in the Evening: Most of us eat more in the evening because we are relaxed and we are near our kitchens. If the evening hours are tough for you, enjoy a small 150-200 calorie treat and develop a ritual to train your body to shut out food as an option after your sweet treat. You may drink a cup of peppermint tea, pop in sugarless gum, or floss your teeth. Soon, your body will recognize that tea or flossing is a sign that eating is over and the urge to nibble into the night will lessen.

For more questions, contact Stacy Beeson @ 381-2403 or beesons@slrmc.org.