

# Celebration survival!

Special events and the holiday season bring friends, family, and loved ones together to celebrate. It can also be a stressful time, wreaking havoc on our waistlines and undoing our weight-loss efforts if we're not careful. This year, keep the commitment you've made to yourself, your health, and your waist by developing a *survival* strategy to help you successfully navigate those sometimes tricky Holiday situations.

*In addition to a few holiday recipes, you'll find tips to help you successfully navigate special events involving food—at home, at the office, or with friends.*



***Don't go hungry!***

It's important to eat at regular times throughout the day before attending your special event so you don't go hungry. Eating small frequent meals helps keep your energy levels even, and your hunger at bay, and makes you less likely to give in to temptations. Enjoying a delicious healthy snack before attending a holiday party will help keep you satisfied. While there, remember these special events should be treated like a ***small frequent meal*** and not an eating frenzy.

***Avoid portion distortion.***

Use the smallest plate available for built-in portion control. Fill your plate with healthy choices first, like fresh vegetables and salad, and lean proteins. Limit or skip foods that are high in calories and low in nutritional value.

## GET CREATIVE

### *Think about modifying your recipes*

Think of ways you can make your favorite recipe a lighter or healthier part of your meal. Can you use olive oil instead of butter? How about replacing white bread with whole grains. Can you ditch the sugar and use honey instead or just use less?

### *Leftovers*

Leftover food often finds its way into our mouths rather than the storage containers we intended. Help yourself by choosing a clean-up job away from food (*such as washing the dishes*) while someone else clears plates and puts away leftovers.

Here are a few suggestions for using up your leftovers:

Offer some to neighbors, coworkers, and friends—especially cakes and pies.

Divide leftovers into small meals and freeze for a quick lunch or dinner when you're in a rush or don't have time to prepare a meal for the family.

Transform your leftovers into other healthy dishes.  
Be creative and invent new recipes

***Choose (non) tempting treats.***

Choose to make or buy holiday treats that are easy for you to resist. If you're a ***chocolate lover***, offer licorice or hard candy, or make fruit-flavored baked goods. Love all things sweet? Give out miniature packets of pretzels, peanuts, gum, or make personalized gifts that don't involve food (*such as candles or place settings*).

***Chew, chew, chew!***

It typically takes the stomach 15 to 20 minutes to signal the brain that you've had enough food. Savor each bite by eating slowly and allow yourself to ***hear*** when you are full. This is an important skill to learn. Skip second helpings (*which could double your caloric intake*) by standing away from the food, keeping yourself occupied, and enjoying the company of those around you.



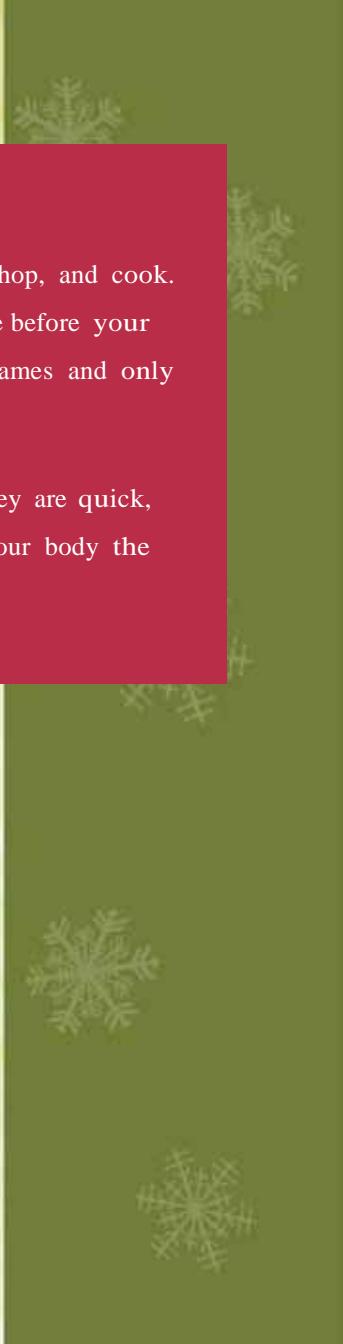
### ***Hectic schedules***

There never seems to be enough time to plan, clean, shop, and cook. Manage your time by writing out your daily schedule before your events. Determine what you can do in specific time frames and only commit to what you know you can accomplish.

Fruit and nuts are great during busy times because they are quick, convenient options that taste delicious and provide your body the good nutrition it needs and deserves!

### ***Make time for your body.***

Exercise can help you burn and/or ***pre-burn*** calories, which helps you to balance your calories consumed with your calories expended. Get your friends and family involved by suggesting group activities (*such as walks or sports challenges*) that focus on physical health and take the emphasis off food.



## Sautéed Green Beans

*Serves 4*

Each serving counts as three Green servings, one optional condiment, and one Healthy Fat serving.

- 1-½ lbs green beans, trimmed
- 4 tsp olive oil
- 1 Tbsp shallots, minced
- ¼ tsp freshly ground black pepper

Simmer green beans in a large saucepan for three minutes until crisp-tender. Remove from heat and drain, then plunge into cold water to blanch them. This stops the cooking process and retains the color. Heat skillet with oil. Add shallots and sauté for one minute. Add blanched green beans, sauté for three minutes, and serve.

## f o c u s   o n   f r i e n d s

Holidays are intended to be social gatherings with friends and family, not eating frenzies. Emphasize the social interaction. Plan activities to make the day special: Visit a local pumpkin patch, volunteer at a food bank, or attend local parades or other celebratory events. If possible, include group walks or sports activities so that you can burn calories while having fun. By focusing on the company of those around you, you can celebrate the true spirit of the holidays and make lasting memories with your family and loved ones.

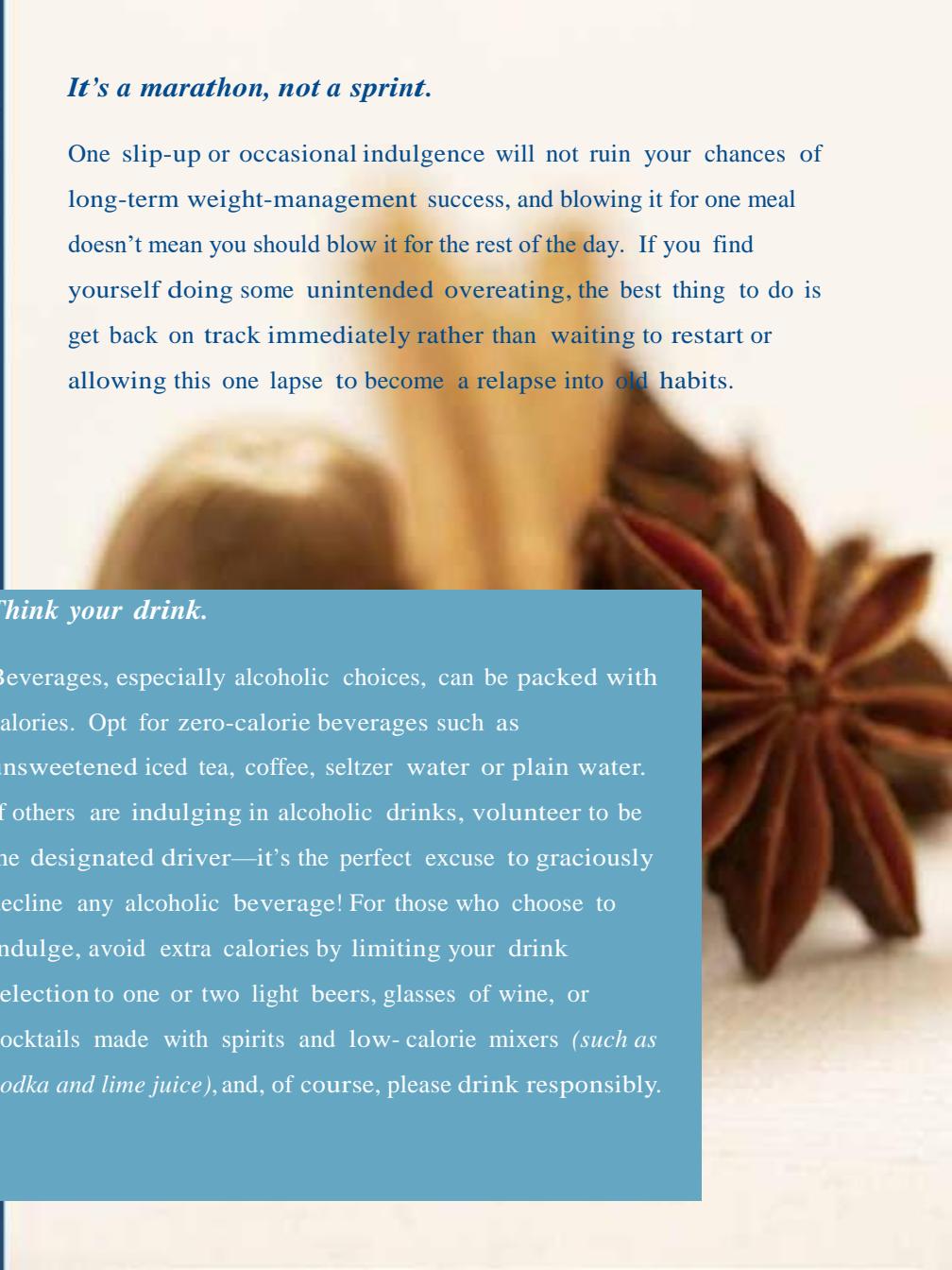


***It's a marathon, not a sprint.***

One slip-up or occasional indulgence will not ruin your chances of long-term weight-management success, and blowing it for one meal doesn't mean you should blow it for the rest of the day. If you find yourself doing some unintended overeating, the best thing to do is get back on track immediately rather than waiting to restart or allowing this one lapse to become a relapse into old habits.

***Think your drink.***

Beverages, especially alcoholic choices, can be packed with calories. Opt for zero-calorie beverages such as unsweetened iced tea, coffee, seltzer water or plain water. If others are indulging in alcoholic drinks, volunteer to be the designated driver—it's the perfect excuse to graciously decline any alcoholic beverage! For those who choose to indulge, avoid extra calories by limiting your drink selection to one or two light beers, glasses of wine, or cocktails made with spirits and low-calorie mixers (*such as vodka and lime juice*), and, of course, please drink responsibly.





## Berry Tart

*Serves 8*

### Crust:

- 1/2 cup coconut oil, melted
- 2 eggs
- 1/4 tsp salt
- 1-3 Tbsp raw honey (depending on how sweet you want it)
- 3/4 cup coconut flour

Combine all wet ingredients in medium sized bowl and beat well.

Add coconut flour and mix until dough holds together

Pat the dough ball into a greased 9" pie pan

Refrigerate for 1-3 hours

Prick dough with fork and bake at 400 degrees F for 8-10 minutes or until lightly brown. Let cool completely before adding filling.

### Filling:

Take 3 cups of Greek yogurt, 1/2 cup of honey and 1 Tablespoon of vanilla extract and mix together. Add more (or less) honey to suit your taste.

Pour yogurt mixture into pie crust and top with your favorite fruit pieces and chill for at least an hour before serving.

If you plan on serving candy or sweets, purchase or make these items at the last possible moment. Early purchases or baking can increase the risk of being *caught with your hand in the cookie jar*.

***Strut your stuff.***

Use the holidays as an opportunity to be a role model for healthier living to those around you. Demonstrate the secrets of successful life-long maintainers by balancing moderate ***holiday indulgences*** with wise nutrition/food choices and increased physical activity.

***Bring your own.***

If your event is a potluck, bring a healthy dish that you can enjoy without blowing it. A taco salad made with greens, tomatoes, scallions, green peppers, and taco-seasoned ground turkey is sure to be a hit, and makes a great healthy meal. If your event is not a potluck, bring a ***hostess gift*** of fresh fruit and vegetables.

## Honey Roasted Sweet Potatoes

*Serves 8*



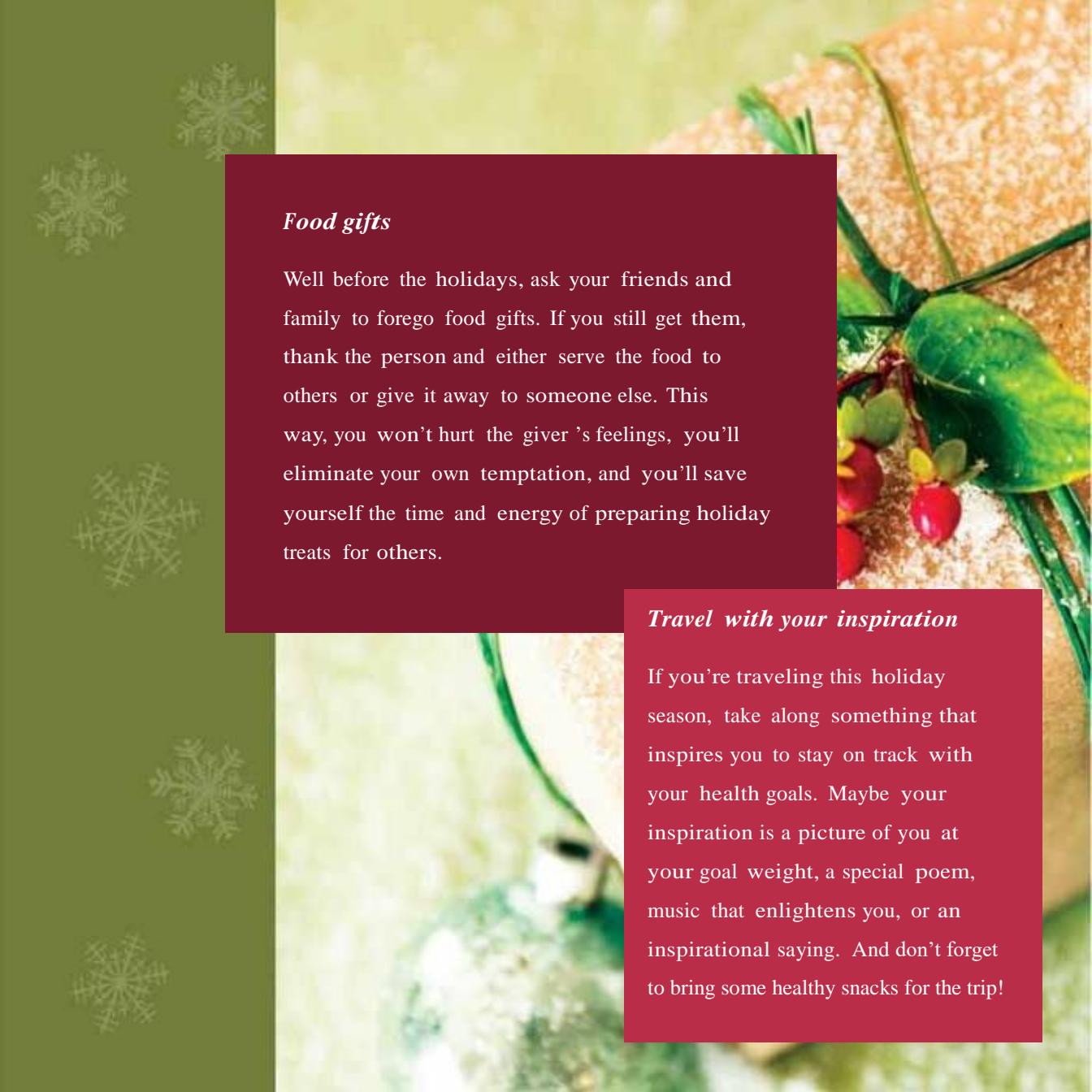
- 2 pounds red-skinned sweet potatoes (or butternut squash)
- 2 tablespoons olive oil
- 2 tablespoons honey
- 1 teaspoon fresh lemon juice
- 1/2 teaspoon salt

Preheat oven to 350 degrees F.

Peel and cut the sweet potatoes into 1-inch pieces and put in a 9 by 13 baking dish. In a small bowl whisk together olive oil, honey and lemon juice. Pour mixture over potatoes and toss to coat. Sprinkle with the salt, and bake, stirring occasionally, for about 1 hour, until potatoes are tender.

l o c a t i o n , l o c a t i o n , l o c a t i o n

Position yourself as far from the food as possible. Sitting or standing too close can be tempting and lead to overeating.



### *Food gifts*

Well before the holidays, ask your friends and family to forego food gifts. If you still get them, thank the person and either serve the food to others or give it away to someone else. This way, you won't hurt the giver's feelings, you'll eliminate your own temptation, and you'll save yourself the time and energy of preparing holiday treats for others.

### *Travel with your inspiration*

If you're traveling this holiday season, take along something that inspires you to stay on track with your health goals. Maybe your inspiration is a picture of you at your goal weight, a special poem, music that enlightens you, or an inspirational saying. And don't forget to bring some healthy snacks for the trip!

## Herb-roasted Turkey Breast

*Serves 2*

- 1 lb (16 oz) boneless turkey breast, raw
- 2 cups celery, chopped
- 1 cup sliced mushrooms
- 2 Tbsp onion, diced
- 1 tsp poultry seasoning
- ½ tsp ground black pepper
- ½ cup low-sodium chicken broth
- ½ tsp onion powder
- ½ tsp garlic powder
- 2 tsp light olive oil

Preheat oven to 350° F. Place turkey in medium roasting pan. Sprinkle equal amounts of poultry seasoning, black pepper, onion powder, and garlic powder on turkey. Place celery, onions, and sliced mushrooms around turkey. Pour chicken broth and oil into roasting pan. Roast for 45–60 minutes or until internal temperature of turkey reaches 170° F.

keep your hands  
and mouth busy

Put a stick of gum or a mint in your mouth to stop the *nibbling*. Keep your hands busy and away from tempting foods by holding a calorie-free beverage in your dominant hand at all times.

Develop a plan of action and you'll be much more likely to enjoy the holiday season, confident in your abilities to navigate those sometimes tricky scenarios. Use the *My Plan of Action for Surviving This Event* form on the next page to outline your plan of action.

A plan of action is a written strategy detailing the steps you'll take to keep yourself on track with your weight- and health-management goals. Take time to create several plans of action, individualizing them for the various situations you'll be faced with this season—from family events to office parties to dining with friends. Learning to manage your caloric intake is no different than managing your checkbook, car maintenance, or kid's schedules. It takes commitment to focus on your health goals.

You don't necessarily have to give up traditional favorites...  
just modify them.



## My Plan of Action for Surviving This Event

**Event/Holiday/Celebration:**

**Date and time:**

**Main goal for this event:**

*To stay committed to my overall health goals and weight-loss/maintenance program.*

**Other specific/personal goals:**

- 1.
- 2.
- 3.

**Identify possible barriers to sticking to your plan that you may encounter at this event/celebration:**

- 1.
- 2.
- 3.

**Identify a healthy strategy to put in place that will help you manage the specific barriers you identified above:**

- 1.
- 2.
- 3.