



Natalia García

Functional Nutrition & Wellness

How to avoid the Holiday 10

Let me start with an obvious statement: Holidays are a tough time to stay on the wagon when it comes to healthy eating. I mean, temptations abound, dinners are huge, we eat and drink more than we are used to, and of course, our emotional response to food is at an all time high.

That's why it's so important to have a game plan! A plan will help you to become a smart eater: You'll know where calories are hidden, techniques to help you enjoy without feeling guilty, smart swaps, and do's and don'ts to make it easier for you.

Let's start by separating some facts from fiction.

Is it true that the average person gains 5 to 10 lbs between Thanksgiving and New Year's Day? To answer this, we first need to understand how weight gain happens:

3500 food calories = 1 lb of fat

While 10 lbs seems far fetched, it's possible to gain a few pounds during the holidays if we are not approaching it in a smart way. For example, **it's very possible to consume around 2,600 calories in just one sitting.** Specially if we don't know where the calories are and we are not prepared beforehand.

That's why I prepared this **Game Plan to Avoid the Holiday 10** so you can enjoy the holidays without guilt!



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The Traditional Holiday Dinner



6oz Turkey
Dark Meat with Skin
310 calories



1 cup Turkey
Gravy
50 calories



1 cup Green Bean
Casserole
250 calories



2oz Turkey
White Meat with Skin
113 calories



1 cup Mashed
Potatoes with Butter
260 calories



1 cup Cranberry
Sauce (canned)
209 calories



1/8 slice
Pumpkin Pie
316 calories



1/2 cup Sweet Potato
Casserole
253 calories



2 Dinner Rolls
with Butter
258 calories



1 coke
(12 Oz)
143 calories



2 glasses wine
(5.2 oz each)
242 calories



1 beer
(12 Oz)
209 calories



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“Do’s” and “Don’ts” at the holiday party

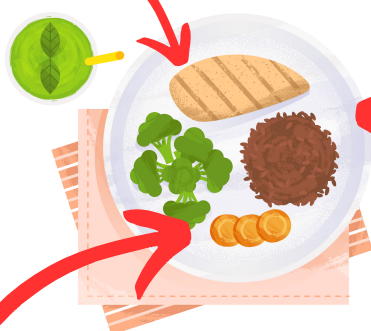
DO!

Watch your portions size

DON'T!

Cover your plate completely with food

**½ plate vegetables
(non starchy)**



**¼ plate starchy foods
(sweet potato and squash)**

**¼ plate meat/turkey
(protein group)**



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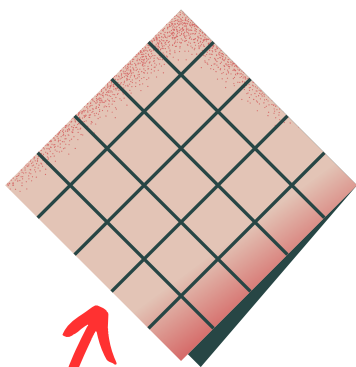
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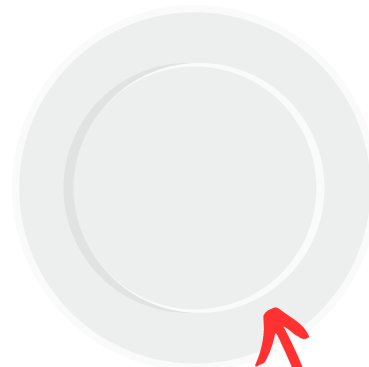
DO!

Carry food on a
napkin



DON'T!

Go for a 2nd
full plate



**Which would you put more
food on?**



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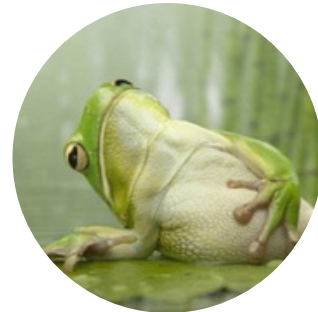
DO!

Stop eating when
physically full



DON'T!

Follow the “clean
plate syndrome”



**Leave a few bites behind, especially if you
are eating something you are not in love
with.**



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“Do’s” and “Don’ts” at the holiday party

DO!

Eat your calories
instead of drinking
them!



DON'T!

Drink your
calories!





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Chose Your Drinks Wisely!

Beware of Liquid Calories

Beverage	Calories
Lite Beer 12 fl oz	100
Beer 12 fl oz	150
Vodka, rum, whiskey 1.5 fl oz	100
Wine 6 fl oz	124
Margarita 3.3 fl oz	153
Lite Eggnog 8 fl oz	258
Eggnog 8 fl oz	356



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“Do’s” and “Don’ts” at the holiday party

DO!

Scan the food table before serving food on your plate



DON'T!

Eat foods that are not your true favorites on your plate





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“Do’s” and “Don’ts” at the holiday party

DO!

Turn down
certain extra
helpings of food
without feeling
guilty.

DON'T!

Please people!

Learn to say
'NO' to food
pushers.

Take a time out.





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“Do’s” and “Don’ts” at the holiday party

DO!

Focus on people
and family

DON'T!

Hang out near
the food



Find a comfortable spot across the room, and focus on people instead of eating.



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Recipes Makeover

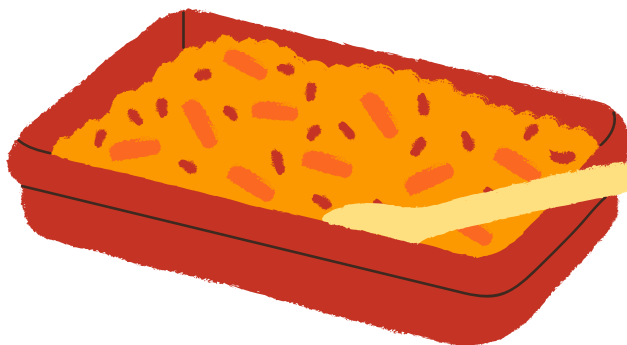
Stuffing

High fat and calorie ingredients:

- Butter and assorted high-fat meats (sausage)
- A single scoop may have up to 550 calories.

Shave calories by:

- Replacing the butter with low-sodium chicken broth
- Swap the pork sausage to a low-fat turkey sausage or add extra veggies instead, such as celery and water chestnuts.
- Cooking the stuffing separately from the turkey
- Consider wild rice stuffing.





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Recipes Makeover

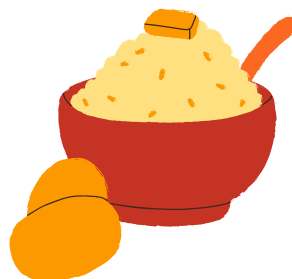
Mash Potatoes

High fat and calorie ingredients:

- Whole milk, butter, gravy, cream cheese.
- A cup of homemade mashed potatoes made with whole milk and butter can have 260 calories

Shave calories by:

- Replace whole milk with coconut milk.
- Using low-sodium chicken stock.
- Watch your portion:
 - 1/2 cup - 130 calories
 - 1 cup - 260 calories
 - 1 1/2 cup - 389 calories
 - 2 cups - 519 calories





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Recipes Makeover

Sweet Potato Casserole

High fat and calorie ingredients:

- Loads of sugar and butter.
- Marshmallows.
- 1 serving (1/2 cup) of homemade sweet potato casserole can have up to 253 calories.

Shave calories by:

- Cutting the sugar in half and add flavor with spices instead (cinnamon, nutmeg, salt, pepper, and vanilla extract)
- Use unsweetened coconut milk instead of butter.
- Lightly topping with mini-marshmallows, or even better, you can swap it with a flavorful pecan crumble!
Combine chopped pecans, dates, and pumpkin seeds with coconut oil and almond flour. Sprinkle on top in a thin layer before baking.





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Recipes Makeover

Green Bean Casserole

High fat and calorie ingredients:

- Fried onions, regular cream of mushroom soup, heavy cream, whole milk.

Shave calories by:

- Add sliced toasted almonds and cut half of the fried onions.
- Swap the cream of mushroom soup with your own! Sauté coconut oil, onion, and mushrooms, add coconut aminos for flavor, garlic, salt and pepper. Add low-sodium chicken broth and unsweetened coconut milk, and let it simmer for about 5 minutes. Thicken it with arrowroot powder.





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Recipes Makeover

Mix it up with veggie side dishes!

Shave calories by:

- Prepare roasted vegetables (squash, green beans, turnips, rutabagas, carrots, etc.) instead of another starchy side dish.
- Just cut the veggies into the cubes and toss with olive oil, rosemary, black pepper and a bit of salt before putting them in the oven.



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Pro Tip:

Key element for weight loss and weight maintenance? **Exercise!**

You can compensate for the additional calories you may consume by exercising a bit harder for a week prior to the holiday meal.

Your regular exercise + exercising:

More often

A bit longer

Harder



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Pro Tip:

Remember that there is no 'bad food'!

Keeping your health goals is about:

- **Portions,**
- Being **consistent,**
- Choosing **good quality food** and
- Keeping high-calories, sugar-loaded or high-fat foods to a **minimum.**



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Pro Tip:

Have **realistic expectations** for yourself!

- Keep active,
- Don't skip breakfast,
- Eat mindfully
- Drink plenty of water throughout the day.
- Limit your drinks to just 1 or 2 per occasion
- **Don't arrive already hungry!** Have a light snack before going to the party.



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Pro Tip:

STICK TO YOUR FAVORITES

It is not about eating everything!

Stick to the foods that are special to you, the ones that you really enjoy in every bite.

Make **ONE plate** of the foods you really want. Have a mint or chew gum after you are done and a tall glass of water

Don't saturate your brain and stomach with foods that you don't absolutely love just because it is there.



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Bottom Line

- Chose your favorites
- Practice eating mindfully
- Beware of the liquid calories
- Shave calories with smart substitutions
- Make up by exercising harder 1 week prior

BUT OVERALL... ENJOY!

One day of overeating won't ruin your health goals and it won't make you gain weight so
be kind to yourself.

If you overindulge for one day **just come back on the wagon the next day.**



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Bottom Line

Having a game plan can help you navigate difficult or tricky situations. **Do you know about the 80/20 rule?** It turns out that 80% of the time we are in situations where we are in control of things, and we can choose what we eat, BUT life is unpredictable, and there are times **where we cannot control what's happening and we must improvise.**

That's why I help my clients to **device a plan for when "life happens"** so they can continue to take care of their health **without an "all or nothing" mentally or self-sabotaging.**

That's what happened with my client Jennifer! A kindergarten teacher and mother of 2, who was finding difficult to achieve a healthy weight with everything happening around her.

Luckily, we were working a solid plan that allowed her to **lose 31 lbs and drop 2 dress sizes in less than 4 months.**

I helped her to create a personalized plan that covered not only the 80% times when she was in charge, but also the 20% of times that included eating out and social gatherings.

Do you want a personalized "game plan" to achieve your healthy weight and turn your health around?



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