

EXOS[®]

NUTRITION INSIDER

with Amanda Gilles, EXOS Performance Dietitian

EDITION #25

THRIVING THROUGH THE HOLIDAYS

5 Tips to help you stay on track with your goals this holiday season

1. KICK START YOUR DAY

Breakfast is typically the most controllable meal. Set your-self up for success, by eating a balanced breakfast every morning.

Tip: Aim for at least 20g of protein, whole grains, healthy fats, and color! Try a vegetable scramble with a side of whole wheat toast and sliced avocado.

2. VOLUMETRICS

Emphasize fruits and vegetables! Not only are these the support staff to your body to help you feel good – they also fill you up! 200 calories of apple vs 200 calories potato chips will look drastically different, and the apple will take up more space in your stomach leaving you full and satisfied.

Tip: Make ½ your plate vegetables. Try to incorporate a fruit or vegetable at every meal and snack!



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3. SNEAKY MOVMENT

Emphasize movement this time of the year! Park further away from work, take walking meetings, and use the stairs to help compensate for the abundance of office goodies.

Tip: Just 15 minutes per day over a month equates to 7 ½ hours of exercise – it all adds up!

4. DE-STRESS

Let's face it the holiday season is stressful! Party planning, holiday travel, finances...it all can cause cortisol to spike. Chronically elevated levels of cortisol can lead to increased levels of insulin which can contribute to weight gain, particularly around the middle.

Tip: Regularly try to attend a yoga session, go for a walk with a friend, and or start a gratitude journal—all of these have been shown to help keep stress in check!

5. CATCH SOME ZZZZ'S

Did you know - Being awake for 24 hours straight is equivalent to a blood alcohol content of .08.!? Lack of sleep can significantly impact our health and wellbeing. Skimping on shut increases ghrelin – the hunger hormone (stimulates appetite) – which could cause you to eat more throughout the day, leading to unwanted weight gain.

Tip: Aim for 7-9 hours of sleep every night to be well rested and to keep your health in check.

SUPERFOODS FOR EXOS SUPERPOWERS

Superfood Thumbprint Cookies – Here is a ‘healthier’ treat to make this holiday season!

These naturally sweetened cookies taste delicious, and provide numerous nutritional benefits. Coconut oil contains lauric acid which aids in keeping the immune system strong. Lauric acid has been found to have anti-viral, anti-bacterial, and anti-fungal properties. Almonds are abundant in healthy anti-inflammatory fats, protein, and fiber, all of which help to keep you satiated. Almonds are also rich in magnesium, this mineral has many health benefits, some of which include: easing muscle tension and spasms, preventing migraines, improved digestion, and preventing insomnia.

Happy Holidays!

Thumb Print Cookies

Yield: 10 servings

Ingredients:

- 1 cup old fashioned oats
- ½ cup raw almonds
- ¼ tsp cinnamon
- ½ cup dates
- 3 tbsp. coconut oil
- 2 tbsp. almond butter

Filling

- ¼ cup Chia Jam or store bought

Instructions:

1. In Food processor, blend oats and almonds until fine flour forms.
2. Add cinnamon, dates, coconut oil and almond butter; sticky dough should form.
3. Using a tablespoon, form cookie dough batter lined into balls, on a baking sheet lined with parchment paper.
4. Use your thumb to press a small indent in the center of each ball.
5. Place a tsp. of jam in the center of each cookie.
6. Store in the refrigerator or freeze.
7. Enjoy!

Recipe from runstrong.com

