



MAYO CLINIC
SPORTS MEDICINE

NUTRITION NEWSLETTER

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HOLIDAY EDITION

THRIVING THROUGH THE HOLIDAYS

Staying healthy over the holidays can be challenging. We tend to exercise less, and eat and drink more. However let's put the holiday season into perspective:

- 39 days between Thanksgiving and New Years
- 234 meals and snacks in the holiday season
- 3 Holidays

That's a lot of opportunity to make healthy choices and stay focused towards our goals!

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 energy sustaining protein, whole grains, healthy fats and color! Try a vegetable and egg scramble with a slice of whole wheat toast and sliced avocado!

VOLUMETRICS

Emphasize fruit and vegetables! Not only are these the support staff to your body to help you feel your best – they also fill you up! 200 calories of apple vs 200 calories of chex mix looks and feels drastically different. Using the apple as an example, the apple will take up more space in your stomach, leaving you full and satisfied, and reduce the chance you grab for seconds on the mashed potatoes and gravy! Plus an apple contains, vitamins, minerals, antioxidants and fiber!

Tips to increase vegetable and fruit intake:

- Make ½ your plate vegetables at meals
- Add a vegetable and/or fruit to every snack
- Start each meal with a salad or soup
- Bring a vegetable tray to holiday get together

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- Healthy Ingredient Substitutions
- Recipe of the Month

SNEAKY MOVEMENT AND STAYING FOCUSED

Emphasize movement this time of the year! Park further away, play a game of catch with family, and stretch before bed...all this movement adds up throughout the day and can help counter the occasional holiday indulgence.

Tip: Stand up and move at least once every hour!

CATCH SOME ZZZZ'S

Skimping on sleep can significantly impact our health and well-being. Lack of sleep increases ghrelin – the hunger hormone (increases 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.

PACK HEALTHY SNACKS

Always be prepared with your own healthy snacks! This helps to keep hunger at bay and will prevent you from being ravenous by the time you get to the main meal or event. Eat a snack before a holiday party – with stable blood sugar – (avoiding hanger!) you will be able to make healthier food choices in the moment.

Top Snack Suggestions:

- Oatmega or Rx Bar Protein Bar
- Jerky + apple
- Carrots with peanut butter or hummus
- String cheese + grapes
- Almonds + apple

AVOID DRINKING CALORIES

Holiday beverages are often full of empty calories, often in the form of sugar! While they may taste good...they are not providing any benefit to your body or health, and can easily contribute to unwanted weight gain.

- Egg Nog: 220 calories
- Hot Chocolate: 200-300 calories
- Apple Cider: 120 calories
- Pumpkin Spice Latte: 400 calories

Tip: Choose water, unsweetened tea, or milk at holiday events, to reap the benefits of hydration without unnecessary calories.

MEAL MAKEOVER

Utilize healthier ingredients to upgrade the nutrition quality of a favorite holiday recipe. Simple swaps can add up, and make it easier to stay on track with your goals!

INGREDIENT	HEALTHY SWAP
Whole Milk	Unsweetened Almond Milk
Oil or Butter	Avocados, Natural Peanut Butter, Yogurt
Sour Cream	Greek Yogurt
Chocolate Chips	Cacao Nibs
Sugar	Applesauce, Mashed Bananas, Dates

ENJOY THE HOLIDAYS!

It wouldn't be the holidays without friends, fun, and family traditions. Don't throw caution, and your health and nutrition game plan, to the wind, but recognize the stretch between Thanksgiving and New Year's Day represents just one-eighth of the year. Maintain the proper perspective, and enjoy the occasional holiday indulgence with friends and family!

SUPERFOODS FOR SUPERHEROES

Streamline busy mornings during the holiday season with this make-ahead breakfast – overnight oats! Use the template below for the base, and have fun adding in your own toppings and flavors! Overnight Oats are a great source of complex carbohydrates, protein and fiber ---all of which help to keep you full and satisfied! Enjoy!

INGREDIENTS

- 1/3 cup milk
- 1/3 cup Greek Yogurt
- 1/2 cup oats
- 1/2 banana, mashed
- Cinnamon
- 1 tbsp. chia seeds
- 1 tbsp. ground flaxseed

DIRECTIONS

- 1 Add ingredients to jar and mix well. Refrigerate overnight.
- 2 In the morning, add additional liquid for desired consistency.
- 3 Top with any desired toppings: Greek yogurt, nut butter, cinnamon, fresh seasonal fruit, chopped nuts, granola, coconut...etc.

Notes:

For GF: Use GF oats

Protein Boost: add 1/2 scoop protein powder

OVERNIGHT OATS



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