’Tis the Season
Planning for Festivities
Comfort, Joy, and...

- Family, Friends and Parties
- Stress (positive and negative)
- Food with all the trimmings

"Think of your appetite as an expense account, and figure out how much you want to spend on drinks, appetizers, entrees, and dessert," advises Michelle May, MD, author of Am I Hungry? What to Do When Diets Don't Work. She suggests giving yourself permission to enjoy your favorite foods -- in sensible portions.
What is the most challenging for you during the upcoming holiday season?

- Number of events I am invited to
- Availability of higher calorie foods and beverages everywhere
- Difficult to find time to exercise
- Increased stress with too many commitments, feelings of loneliness, family, friends, finances
- Social pressures of eating, drinking, smoking
Planning for Joy

• You **WILL** be in high risk situations

• There will be social pressures and temptations

• Strategies
  – *Planning*
  – *Physical activity*
  – *Healthy Indulgence V. Overindulgence*
Family and Friends

• So many events, so little time...
  – How do you avoid the need to say “yes” to every invitation?
  • Prioritize
  • RSVP to host immediately
  • Be brief and gracious
    – “Thank-you so much for the invitation, but I can’t make it. Have a great time!”
Attending a Party

• Be intentional
  – Planning
    • Bring a healthy dish to pass and alternatives to drink.
  – Creating awareness
  – Smart snacking
    • “I am so hungry! I did not eat lunch so that I can eat tonight.”

• Why shouldn’t you skip a meal?
  – Over indulgence
Hosting a Party

• Emphasize socializing, be present
• Spread healthy offerings throughout
  – Fruit and vegetables
  – Whole grain crackers
  – Teas and sparkling waters
• Out of sight, out of mind
  – Unclutter your counters
Hosting a Party

• Put out smaller plates and glasses

• Savor something new
  – www.mhealthy.umich.edu/recipes

• Lighten up traditional recipes
How to Lighten Up Your Cooking

Try some of these easy substitutions to ditch the calories without losing the flavor.

<table>
<thead>
<tr>
<th>If your recipe calls for this:</th>
<th>Use this instead:</th>
<th>Calories saved*</th>
<th>Grams of saturated fat saved*</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup heavy whipping cream</td>
<td>1 cup evaporated skim milk</td>
<td>622</td>
<td>55</td>
</tr>
<tr>
<td>1/2 cup butter</td>
<td>1/2 cup applesauce + 3 tbsp canola oil</td>
<td>390</td>
<td>55</td>
</tr>
<tr>
<td>1/4 cup vegetable oil (for baking)</td>
<td>1/4 cup unsweetened applesauce</td>
<td>469</td>
<td>6</td>
</tr>
<tr>
<td>2 tbsp vegetable oil (for sautéing)</td>
<td>2-4 tbsp low sodium broth</td>
<td>240</td>
<td>3</td>
</tr>
<tr>
<td>1 cup sour cream</td>
<td>1 cup fat free plain yogurt</td>
<td>392</td>
<td>28</td>
</tr>
<tr>
<td>1 cup mayonnaise</td>
<td>1 cup light mayonnaise</td>
<td>798</td>
<td>12</td>
</tr>
<tr>
<td>1 lb ground beef (80% lean)</td>
<td>1 lb ground turkey breast (99% fat-free)</td>
<td>440</td>
<td>38</td>
</tr>
</tbody>
</table>

*Per recipe
Make this a healthy holiday season by taking care of YOU and YOURS!

Some take home points from today:

• Indulge in things that make you happy, in moderation, as a way to stay healthy and happy
• Plan ahead as much as possible to enjoy the holidays in the way that is healthiest for you- make deliberate choices
• Be mindful of your choices with food, drink, and other indulgences to build vitality and happiness
• Take time during these busy days to rest, recharge, relax and renew, either alone or with others you care about
THANK YOU FOR JOINING US!