



# S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES

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## Holiday Health & Food



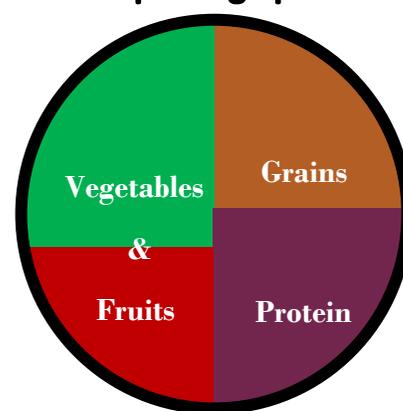
The holidays are filled with family & friend gatherings that are often centered around food. This can be such a joyous time but can also be coupled with feelings of anxiety and dread about the expectation & seemingly unavoidable food forward celebrations. We have Halloween, Thanksgiving, Christmas, & New Years all coming up soon accompanied with some indulgent traditions. As we approach the holidays it is important to be appreciative & present for the important family & friend memories while also being in control of our perception, mindset, & health surrounding food.

**Below are some tips to approach the upcoming holiday season without passing up all the delicious food and fellowship.**



### Build balance at meal time by using your plate.

Use your holiday plate as a tool to guide portion sizes, include a variety of food groups & prioritize healthful foods. Start with your protein serving and following with small scoops of other dishes that sound good to you categorizing them on your plate according to food group. Keep in mind that a second helping is always an option after you finish.



### Eat before you go.

It is important to eat at regular intervals throughout the day therefore if your holiday meal is a mid-afternoon meal, still eat lunch at your regular time. This way you are not starving when temptations are the highest. After all, it is more about family than food!



Make holiday cooking fun and enjoyable by making different dishes from other unfamiliar cultures.



### Take a 10 second pause between helpings.<sup>1</sup>

This can help your body “catch up” & recognize if you truly are still hungry.



### Drink lots of water throughout the day.

Choosing to drink water will not only save you from consuming excess calories from energy dense drinks<sup>1</sup> but it will also help with better digestion throughout the day.



### Bring a dish contribution that is a healthy alternative to a traditional one.

Bring a fruit or vegetables tray with hummus or omit the sugary sweet potato casserole and opt for roasted savory spices.



#### Mandu from China<sup>3</sup>

Dumplings traditionally served in China for the New Year contain various vegetables such as scallions, garlic, some ground beef, and are full of plant-based proteins including mung bean sprouts & tofu.



#### Scottish Oatmeal Rolls<sup>4</sup>

Similar to regular rolls but adds in oatmeal, a beneficial soluble fiber!

#### Shuba from Russia<sup>5</sup>

Includes pickled herring, hard boiled eggs, and grated carrots, beets, potatoes, & onions. It is a dish packed with protein, antioxidants, and potassium.



### Alcohol & Holidays



Holiday binge drinking is a common practice. There is an increase in parties & gatherings which ultimately increase the drinking opportunity for many individuals as well as the social anxiety.<sup>2</sup> It is important to be aware of how much you are drinking and how often you partake. Studies have documented a condition called holiday heart which is an arrhythmia in people who do not normally have heart conditions due to excess drinking around the holidays.<sup>2</sup> It is important to consider these tips to limit your alcohol consumption:

- ⇒ Find an enjoyable mocktail that tastes good without the need to add alcohol.
- ⇒ Develop a plan prior to the gathering and stick to a specific number of drinks you decide to consume.<sup>2</sup>
- ⇒ Consume food before & while you partake in drinking.<sup>2</sup>

References:

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