



Simple Nutrition Solutions

Sally Errey, RNCP, RHN

Registered Nutritional
Consultant Practitioner

happytummy@shaw.ca
www.myhappytummy.com

*** Where Health Brings Happiness ***

Surviving the Holidays . . . without gaining 10, 15, 20 pounds!

With the festive season upon us, it's hard to maintain regular eating patterns - let alone avoiding the calorie laden treats. Here are some guidelines to give you more control over your intake and the resulting waistline.

Pre Party

Eat something before you go - it's tempting to skip food prior to the event. Knowing that you don't have to cook is so inspiring. However, this can be the big downfall, just like shopping for groceries when you're hungry. Grabbing a PB & J sandwich (on whole grain bread of course!) will be more useful to your body than handfuls of cheesies, corn chips, chocolates and buttery cookies. With a full stomach you'll be less inclined to reach for the hor's deuvres and might just make it through to the entrees.

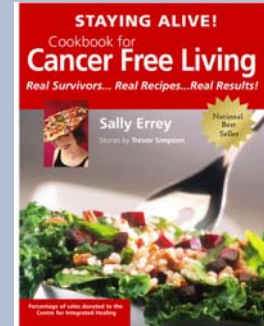
Supplements

- ✓ B complex
- ✓ Zinc
- ✓ Chromium
- ✓ Vitamin C
- ✓ Antioxidant

At the Party

2 New Food Groups - the fruits and vegetables. Aim for the party items that have identifiable fruits and veggies in them. Monopolise the veggie stick platter, but don't stop there. Instead of a creamy cheese dip go for the salsa or hummus, which is a high protein, low fat alternative. Hosts love it if you bring a hummus dip...that way you'll know there's something good for you at every event. To save you time, hummus is now available in most supermarkets. Choose entrée's that are veggie based or at least serve up a large part of salad. Maybe there's a fruit dessert: apple cobbler or a fruit mince pie?

Try the punch - alcohol has incredibly high caloric value, and it's really easy for those numbers to add up as the night and the season progresses! Pop is also loaded with sugar, so the punch may be the best bet, usually there's fruit juice in it and plenty of ice to dilute the calories.



Sally Errey is an acclaimed nutritionist and author specializing in plant-based foods. She is the author of *Staying Alive! Cookbook for Cancer Free Living*, a national best seller.



Contact Sally for nutrition appointments at
happytummy@shaw.ca
or 604-734-7125 ext 234.
Phone consultations are available.

Post Party

Water, water, water - unless you're some kind of fanatical purist, you may have only managed to stick to the above rules 60% of the time. Don't worry; this is still better than ignoring them altogether. Drink plenty of water to re-hydrate and to help flush the toxins from all those unusual foods. A multi-vitamin might also be helpful at this point

Start light - have a light breakfast of mainly fruits. This will help keep calories down and will provide your body with the nutrients it needs. By lunch things should be getting back to normal and maybe you'll get a chance to have a walk.

Exercise - will still need to be maintained. Maybe there's less time for the gym, but brisk walks will help. Studies have shown that you can maintain muscle mass even if you only do half your regular routine for a 2 week period.

