

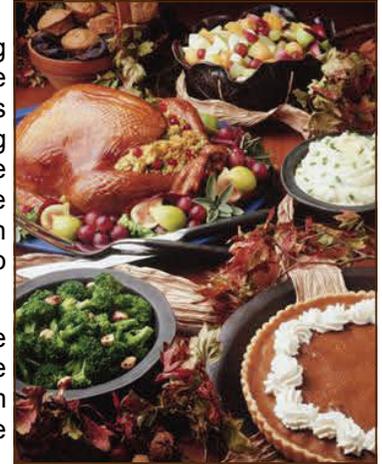
PALO PINTO GENERAL HOSPITAL

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Health Promotion Series-Nutrition Week 2

What would the Thanksgiving or Christmas Holiday be if you didn't have a big celebratory meal with your friends and/or family, right? But if you want to go through the holidays without the typical weight gain there are some ways to manage the feast. Focus on filling up with the non starchy vegetables, salads, and raw veggies. Offer to bring these foods yourself if none are planned. Be aware that most holiday meals will have multiple rich, starchy options so try only moderate portions of these dishes. Or be selective and choose your favorite in a larger portion and skip the selections that mean less to you. Let the host know ahead of time that you will be self managing yourself so no offense is taken. Most people will understand.

If you do over do it at the meal, get right back on track the next meal. Remember that the total calorie count over time is the important element, and the more you eat, the more you will gain. Try to use activities with your friends or family to keep the focus on them and not eating. Going for a walk together after a big meal is a good way to enjoy time together.



Dining out



Due to the continuing increase in portion size distortion, dining out on a regular basis can be a risk for you and your family's health. Healthy meals are best prepared at home for the whole family where the ingredients and portion sizes can be managed. However there are some strategies for dining out and consuming a healthy meal.

While dining out you may ask for special orders such as leaving sauces off or to the side, or asking for an extra vegetable or salad in place of the fries or chips. Many restaurants are more than willing to accommodate your needs. Avoid buffets if they tempt you to eat more than you should. Drink a glass of water before you eat or fill up on a low calorie broth soup. Most importantly avoid sugary

drinks.

Put your fork down after each bite to help you eat more slowly. Stop eating when you feel full and take the rest home. Or share your meal or box it up before you even get started as most restaurant portions are 2 to 3 times what you need. Save the dessert for special only occasions or share with one or more friends.

There are many cookbooks available for quickly prepared and healthy meals. Make yourself a gift of a new cookbook, or seek out new recipes and ideas on-line. Please review the portion distortion interactive slide sets listed below at www.nhlbi.nih.gov for some eye opening facts.

<http://www.nhlbi.nih.gov/health/educational/wecan/eat-right/portion-distortion.htm>

Portion Distortion Interactive Quizzes Slide Sets; down load 2 PDF

<http://www.eatright.org/resource/health/lifestyle/holidays/holiday-meals-made-healthy>

<http://www.diabetesforecast.org/2015/adm/diabetes-plate-method/healthy-eating-at-the-holidays.html>

<http://www.eatright.org/resource/health/lifestyle/holidays/enjoy-quilt-free-holiday-celebrations>

<http://www.choosemyplate.gov/eating-foods-away-home>

<http://www.diabetesforecast.org/2015/adm/diabetes-plate-method/9-tips-for-dining-out.html>

<http://www.eatright.org/resource/health/weight-loss/eating-out/6-tips-for-dining-out-without-blowing-your-nutrition-plan>

We will be providing you with website links for additional tips and information in the upcoming weeks. You can pick out which resources are more helpful to you. Please feel free to email me with any questions or if you would like additional information sent to you. My email address is yhampton@ppgh.com.