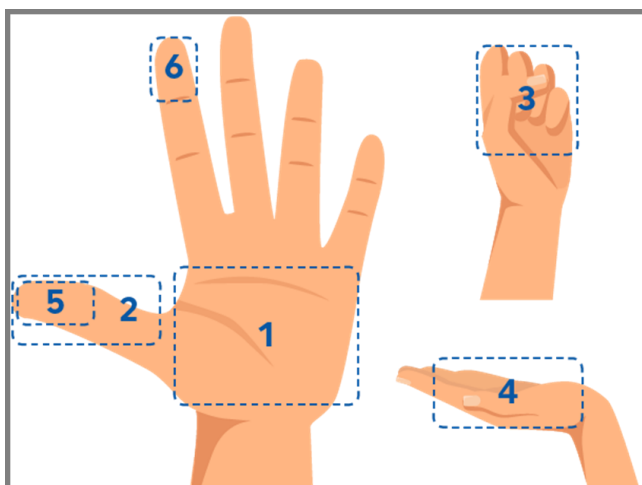




# Health at Home Holiday Edition

## Balancing Extra Calories Through the Holidays

### Portion Size Reminder for the Holidays



1. 3 oz.=Palm of Hand
2. 1 oz.=Thumb (tip to base)
3. 1 cup=Fist
4. 1/2 cup or 1-2 oz.=Cupped hand
5. 1 Tablespoon=Thumb (tip to first joint)
6. 1 teaspoon= Fingertip (tip to first joint)

**Portion Size:** The amount of a food that is served at a single occasion, like a meal or a snack.

**Serving Size:** A standardized unit of measured food.

Source: Centers for Disease Control & Prevention

### Daily Recommendations for a 2,000 Calorie Diet



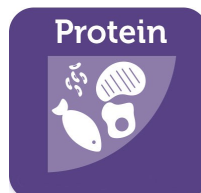
2 cups



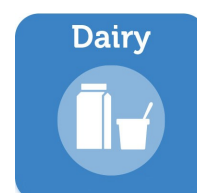
2.5 cups



6 ounces



5.5 ounces



3 cups

### Helpful Holiday Tips

- Take 10-20 minutes before going for seconds to allow your stomach to catch up with your brain
- Focus on fruits and vegetables first
- Be mindful with alcohol, it can lower inhibitions and increase appetite
- Drink water throughout the day
- Never go to a holiday party hungry



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# Health at Home Holiday Edition

## Balancing Extra Calories Through the Holidays

### Lower Calorie Holiday Swaps

High fat meat	→	Fish or chilled shrimp
Butter	→	Broth
Full fat dairy & cheese	→	Low fat or fat free dairy options or avocado
Cocktails	→	Spritzers or leave out alcohol
Candied Nuts	→	Roasted Unsalted Nuts
Mashed Potatoes	→	Mashed Cauliflower
Eggnog	→	Hot spiced cider
Pot pie	→	Shepherd's Pie

### Make simple fruit & vegetable trays look appetizing



### Veggie Dip Ideas

- Combine medium-hot salsa with Neuchâtel cheese
- Mix 2 cups plain Greek yogurt with fresh or dried dill and an Italian or ranch seasoning packet

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# Health at Home Holiday Edition

## Balancing Extra Calories Through the Holidays

### Ideas for Being Active During the Holidays

- Park in the far corner of the lot when you are shopping
- Dance to holiday music in the kitchen while you cook
- Bundle up and walk around the neighborhood to look at the lights—maybe even sing!
- Build a snowman
- Go ice skating
- Scavenger hunt after your holiday meal
- Shovel someone's sidewalk
- Wear a fitness tracker
- Use cooking time to exercise. Do squats while a pie bakes or waiting for water to boil.



### How Much Activity Do We Need?

#### Moderate-intensity aerobic activity



#### AND

At least 2 days a week of Muscle-Strengthening activities

### What is Moderate-Intensity Aerobic Activity?

**Talk test:** You can talk but can't sing during an activity

**Examples:** Brisk walking (1.75 miles in 35 minutes or 20 min./mile), dancing, tennis, bicycling, water aerobics, jumping rope for 15 minutes, or washing windows or floors for 45-60 minutes

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## Health at Home Holiday Edition

### Balancing Extra Calories Through the Holidays

Instead of willpower, let's change our thinking to skillpower. By developing skills we can learn how to manage behavior changes. Starting small can make a big difference in our lifetime.



**Remember to enjoy the holiday experience.  
Savor the moment.**

#### Additional Resources to Explore



**YouTube:**

What's Cooking with Mary Liz Wright

**University of Illinois Extension:**

[extension.illinois.edu/nutritionwell](https://extension.illinois.edu/nutritionwell)



**Facebook:**

Around the Table

#### References:

"7 Healthy Holiday Strategies." *Centers for Disease Control and Prevention*, Centers for Disease Control and Prevention, 26 Nov. 2019, [www.cdc.gov/chronicdisease/resources/infographic/holiday-health.htm](https://www.cdc.gov/chronicdisease/resources/infographic/holiday-health.htm).

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Created by: Lisa Peterson, MS, Susan Glassman, MS Ed., &  
Mary Liz Wright, MS  
University of Illinois Extension Nutrition & Wellness Educators  
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