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.

Daily Recommendations for a 2,000 Calorie Diet

<table>
<thead>
<tr>
<th>Fruits</th>
<th>Vegetables</th>
<th>Grains</th>
<th>Protein</th>
<th>Dairy</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups</td>
<td>2.5 cups</td>
<td>6 ounces</td>
<td>5.5 ounces</td>
<td>3 cups</td>
</tr>
</tbody>
</table>

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

Source: Centers for Disease Control & Prevention

Use a smaller plate or half of a large plate to help with portion control

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### 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
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**

- At least 150 minutes a week
- At least 30 minutes per day/five days a week
- 3-10 minute exercise intervals per day

**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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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
Facebook: Around the Table

References:

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