



Community Dietitians In Action!

Newsletter

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DEPARTMENT OF NUTRITION & DIETETICS

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We wish you a Merry Christmas and a Healthy New Year!

Moderation and a little bit of **Planning** are the keys to enjoying a fun and healthy holiday season that won't have you starting the New Year with a desperate resolve to lose weight!

- ☆ REMEMBER Christmas is a SEASON not just a day, enjoy small amounts of your holiday treats over the season and don't try to eat everything in one day!
- ☆ Avoid skipping meals. On the day of a party or event, start with a nourishing breakfast, have a light lunch, then a small snack or salad shortly before the event. This will prevent over-eating due to hunger.
- ☆ Christmas lunch is usually a little late.....have a sensible snack (high in fibre/protein) while waiting. You will avoid hunger and overeating!
- ☆ Re think snacks - Instead of offering sweets/cookies/chocolates/candies to nibble on before the meal, serve a vegetable & fruit platter (pineapple slices, grapes, cucumber sticks, melon balls, slices of apple/pear tossed in lime juice)



☆ Be careful with beverages. They are high-calorie and alcohol can lessen inhibitions and induce overeating. Alternate alcohol with water/soda water.



☆ Do not feel that you need to eat some of everything that is on display. Look for foods you truly treasure. Go ahead and take your personal holiday favourites, and, slowly and mindfully, savour every mouthful.

☆ During the holidays keep food/snacks out of sight and out of mind, do not leave the pan of cookies or chocolates, the bottle of nuts, the soft-drinks out on the table this will prevent you from mindlessly eating. Take them out only when ready to serve.

Be mindful of the number and type of snacks you eat, as it is easy to lose track.

Holiday Fitness

- Plan an activity after the big meal e.g. cricket with the family.
- Give gifts to the kids with exercise in mind—exercise gear, hoola hoops, badminton sets, balls... and get involved with them.
- Walk away from food cravings, a 15 minute walk will usually get your mind off your craving and help you to re-direct your thoughts.

Food for Thought...



Portion Control

- ☆ Take out your food in a smaller plate and reserve 1/2 your plate for vegetables.
- ☆ Fill 1/4 plate with starchy selections and the next 1/4 with protein rich items.
- ☆ Go easy on high fat sauces, gravies and dressings.
- ☆ Cut desserts into smaller servings/offer to share with someone. Look for fruit based options..



THERE ARE ONLY TWO OPTIONS: MAKE PROGRESS OR MAKE EXCUSES

A YEAR FROM NOW YOU WILL WISH YOU HAD STARTED TODAY – KAREN LAMB