

Training and Nutrition Through the Holidays

1. Eat breakfast daily

2. Eat every 3-4 hours Avoid skipping meals. Do not allow yourself to get overly hungry.

3. Consume recovery nutrition within 30 minutes post activity when your workouts last 90 minutes or greater. Repeat 2 hours later.

4. Practice portion control. Be aware of your portions. When dining out share a meal or take half of it home.

5. Be mindful when eating. Avoid multitasking during meals and snacks. Aim to eat off a plate while sitting in a chair at a table.

6. Use My Plate as a guide for all meals. Aim for 50% of your plate to be produce, 25% whole grain, 25% lean protein. As mileage increases aim for the Athletes plate where half of the veggies are starchy choices such as sweet potatoes, peas, or corn to boost carbohydrate to optimally fuel muscles.

7. Limit calorie containing beverages. Beverages can be a hidden source of added calories in the American diet. Athletes use sport drinks to fuel activity and for recovery. Casually drinking them throughout the day is not recommended as well as sodas or other sugary drinks. Excess intake promotes weight gain and dental carries.

8. Enjoy a minimum of 5 servings of vegetables and fruit daily. Vegetables and fruits provide volume and a multitude of health promoting nutrients including fiber, vitamins, minerals, phytochemicals and antioxidants.

10. Practice environmental control If it's there you'll eat it. When nourishing foods are at home, in your lunch bag, on your desk at work you are more likely to eat them. Similarly when candy, baked goods or other "treats" are all around you are more likely to consume them.

Healthy Eating at Social Engagements/ Holiday Parties

Before you go:

- Plan ahead: know what is being served so you can think through your strategies - BEFORE you get there.
- Don't save up calories for the event! Your body doesn't work like that.
- Stick with your normal eating schedule earlier in the day: 3 meals & 0-2 snacks, eating every 3-4 hours.
- Consider bringing a healthy option - a colorful veggie tray, a fresh salad, a fruit plate, etc.

At the social event:

- Survey your options before making your plate.
- Once you've created your balanced plate, find a spot to sit, savor, and enjoy mindfully!
- If nowhere to sit, hold your plate in your dominant hand (eat with non-dominant) to slow your pace.
- By slowing your pace you'll recognize satiety cues and avoid overeating.
- After you finish eating, move away from the food table and focus on the company and conversation, not the food.
- If you drink alcohol, alternate each sip with water to keep hydrated and slow your pace.
- Keep moving, offer to help serve others, clean up, or dance.
- Share dessert, savor 3 bites (3 bite rule) –and keep in mind fresh fruit always makes a tasty and filling dessert.