



Sports Nutrition News & Notes



November 2006



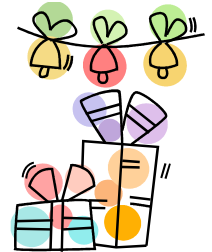
Enjoying your Holidays

Have you considered how you want to emerge from the Holidays in January? The folks from Sports Nutrition hope you enjoy the Holidays but would like to offer you many tips to help you think about the foods you will enjoy and how much of those foods you will eat!

No doubt some of your relatives are the best cooks on earth. Be sure to enjoy the seasonal foods but try not to overindulge. Here are some tips to stay on top of your portions and calories.

- When you can, use a smaller 9" plate instead of the large 11-12" dinner plates. It will look like you have plenty of food and will help you monitor portion control.
- Take half portions of the richest foods such as sauces or fried foods.


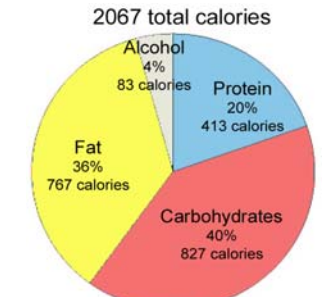
- Be sure to wait at least 15-20 minutes before you go back for more. This will allow you to sense how full you are and may help prevent eating too much. Also, avoid family style dining where the food is in the center of the table, put it on a buffet where you have to get up to have more.
- Go easy on sauces, gravy, butter; these add fat and calories to your meals.
- Eat a little something every three-four hours to be sure you do not get too hungry to make good food decisions. When you store up those calories in order to eat big at Grandma's, you are much more likely to eat bigger than you mean to.
- Open snacks and candies around the house are an invitation to eat more over the course of a day from nibbling. It will be good for everyone in the house to put the snacks away and out of sight for those times when you eat because you are bored or because it is available. Enjoy the snacks and meals of the Holidays in the company of others.
- Plan meal timing so you can choose to move after a large meal such as taking a light walk.
- Don't try to lose weight during the Holidays, just try to maintain.



Holiday Drinks and Desserts really add to our energy intake

Drinks	Calories	Desserts	Calories
eggnog- 8 ounces	300	pumpkin pie slice (1/8th of 10" pie)	310
with a shot of rum	400	apple pie (1/8th of 10" pie)	350
apple cider- 8 ounces	120	with 1 scoop ice cream	480
red wine- 5 ounces	120	turtle cheesecake (1/14th of 9" round)	300
amaretto sour- about 4.5 oz.	300	pecan pie (1/8th of 10" pie)	550
white russian 6.5 ounces	320	peppermint stick ice cream, 1 cup	280
Starbucks peppermint mocha frappuccino, grande (16 oz.)	440	fruit cake, 2 ounces	185
Starbucks white chocolate frappuccino, grande	480	cookie, molasses, 1 each	110
Starbucks peppermint hot chocolate, grande	510	cookie, coconut macaroon, 1 each	106
fruit punch, 12 ounces	140	fudge, chocolate inch cube	125
		sugar cookie, unfrosted	120
		cookie, apricot filled	100

Please feel free to contact us for an individual nutritional consult! We are also glad to provide group presentations. We look forward to helping you reach your nutritional and performance goals!

This Plate	How does your Holiday plate rate?	Traditional Plate	"Reasonable" Tip												
<p>3 ounces turkey white meat, no skin</p> <p>3 ounces sliced ham</p>	<p>This plate</p>  <p>1170 total calories</p> <table border="1"> <tr> <td>Fat</td> <td>29%</td> <td>343 calories</td> </tr> <tr> <td>Protein</td> <td>20%</td> <td>240 calories</td> </tr> <tr> <td>Carbohydrates</td> <td>51%</td> <td>590 calories</td> </tr> </table>	Fat	29%	343 calories	Protein	20%	240 calories	Carbohydrates	51%	590 calories	<p>Usually more than 3 ounces of meat and may include dark meat, gravy and skin. Some plates contain a generous serving of each type of meat offered.</p>	<p>"Reasonable" Tip</p> <p>3-oz turkey breast is the size of a deck of playing cards. Dark meat is higher in fat and so is the skin. Skip the gravy on your meat! If you choose to have more than one kind, have very small portions of each.</p>			
Fat		29%	343 calories												
Protein		20%	240 calories												
Carbohydrates		51%	590 calories												
<p>3 green olives</p>		<p>More than 3 olives, both black and green. Of course the other veggies on the relish tray can be a great way to have them if you don't load up on the dip.</p>	<p>Olives are attractive and fun to play with, but do contribute calories to the meal. Skip the olives unless that is a special food item for you.</p>												
<p>Croissant with 1 tsp or pat butter</p>		<p>Croissants aren't the best bread choice because they are higher in fat than most breads. Rolls are a reasonable substitution and wheat rolls are even better because they contain fiber. If rolls make your meal complete, choose lite margarine to top them or leave the margarine behind to help control fat calories.</p>	<p>Skip the rolls if you can stand the thought. Mashed and sweet potatoes and dressing will provide you plenty of carbohydrate.</p> <p>Instead of stick butter or margarine, look for margarine spread (soft margarine in the tub) to reduce trans-fatty acid content.</p>												
<p>1/2 cup mashed potatoes and 2 TBSP gravy</p>		<p>Usually twice as many mashed potatoes as we need. Gravy and butter usually overflow. Stuffing is higher in fat than most people realize! One serving of stuffing (like Boston Market's) can add 190 calories to the meal (not included on traditional plate for this exercise).</p>	<p>This is one of easiest places to pick up extra fat in holiday meals. Go easy on the gravy and leave the butter out!</p>												
<p>3 chunks baked sweet potatoes</p>		<p>These usually come cooked with glazed apple pie filling, cinnamon, brown sugar and marshmallows in a sweet casserole. Casseroles end up offering more calories and fat.</p>	<p>If your sweet potatoes are in a casserole, eat a much smaller serving. If they are baked, three medium sized chunks are a great serving size.</p>												
<p>3 spears steamed broccoli with 1 tsp margarine</p>	<p>More often than not, fresh, steamed vegetables are not available but rather vegetables are put into a casserole containing butter, cheese, Ritz crackers with melted butter to make them nicely browned. Again, casseroles end up offering more calories and fat.</p>	<p>If in a casserole, take a smaller serving and consider eating just a few bites. You likely won't insult the chef!</p>													
<p>2 TBSP Cranberry sauce</p>	<p>Traditional plate</p>  <p>2067 total calories</p> <table border="1"> <tr> <td>Alcohol</td> <td>4%</td> <td>83 calories</td> </tr> <tr> <td>Fat</td> <td>36%</td> <td>767 calories</td> </tr> <tr> <td>Protein</td> <td>20%</td> <td>413 calories</td> </tr> <tr> <td>Carbohydrates</td> <td>40%</td> <td>827 calories</td> </tr> </table>	Alcohol	4%	83 calories	Fat	36%	767 calories	Protein	20%	413 calories	Carbohydrates	40%	827 calories	<p>Cranberry salads are held together by gelatins, corn starch and sugar.</p>	<p>Consider eating a bite (1-2 tablespoons) at the end of the meal rather than taking a large serving and eating it all.</p>
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<p>Large slice pumpkin pie with 1 TBSP whipped cream</p>	<p>This is the usual dessert for many meals. A full slice of pie offers enough calories to be the entire meal.</p>	<p>Decide to eat a very small piece or even choose a sampler dessert where you have a TBSP of each type of pie.</p>													
<p>12 ounce glass of iced tea with lemon, no sweetener</p>	<p>Variety of traditions, we'll include a 5 ounce glass of red wine for comparison.</p>	<p>Remember many seasonal drinks can add calories to your meals.</p>													