



Week Seven Participant Manual:
Eating at Family Gatherings

Week 7 Contents

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JOURNALING

- Cooking is a form of love. During the holiday season what is one way you show or receive this form of love?
- What are some of your thoughts on the overconsumption that tends to take place around the holiday season?
- If you are hosting in your home this year, what is something you can do to help your guests celebrate the art of eating without going overboard? What are some things you can do to create a positive eating environment?

Healthy Holiday Living

Enjoy Eating "The Real Deal"

- Eat foods that were prepared from scratch using real ingredients.
 - Celebrate the art of cooking!
- Don't make the fat-free versions of your favorite recipes. Many times when people eat the fat-free/low-fat version they end up eating more and consuming more calories.
 - Try to avoid foods that contain:

▪ High fructose corn syrup	▪ Aspartame, Splenda, and other fake sugars
▪ Food dyes	▪ Partially and fully hydrogenated oils
▪ Artificial flavors	▪ BHT

Practice Mindful Eating

- Foods should be consumed just as slowly as it took to prepare them.
 - Celebrate the art of eating!
 - Every meal is a dining experience.
 - We are doing a little more at these festive occasions than just feeding the machine.
 - This is not the only day of the year we are allowed to enjoy these foods.
 - Plan on making one of the dishes you really enjoy a week later too. This can help to prevent overeating at the actual meal.
 - Make your lunch for next week with some of the extra food. If you do this before you even take the first bite, it can help to prevent overeating because you know you are going to eat the same delicious meal again.
- Make choices. You do not have to have everything. Pick your favorites and pick the ones that are made with real ingredients.
- Do not bring trouble causing foods into the home. Resist filling up candy dishes. When food is out of site, it helps to keep it out of mind.
- If food is in the work environment, and it is hard for you resist try these strategies:
 - Decide on which goodie you will allow yourself to have and then have it as an ender to your lunch as opposed to a random 10 am snack.
 - Choose which treat you would like to have or if you want more than one decide to have one on Monday and save the other for Tuesday. You can also find a friend and see if they would like to split them both.
 - Cut the piece that is offered into a smaller piece.
 - Many times the first couple bites of a dessert are the most satisfying anyways.

- Sit down when eating as much as possible. Spend a moment in gratitude before the first bite. These actions will help make the act of eating a more mindful act.
 - If you are at a party and there is a buffet, try not to stand by the buffet. It is much easier to pick when you are standing right by the food.
- Do not starve yourself all day so you can eat at the party. This can lead to over eating more calories than you would have had on a normal day. And you probably will end up eating until you feel uncomfortably full and that ruins the meal and how you'll feel at the event.
- Try to eat in courses as much as much as possible.
- When enjoying a calorie laden beverage, always try to have a glass water close by. Taking sips of the water can help you to control the beverage you are consuming. Enjoy the beverage and the way it complements the foods.
- It is OK to kindly say, "No, thank you." If Auntie Mary is the best cook on the planet and wants to keep feeding you, you can kindly tell her you have enjoyed every bite of what she prepared and maybe in a bit you will have some more. Or better yet ask her if you can take some home.
- Do not deprive yourself of the delightful goodies. Think about planning what goodie you will have with your lunch tomorrow. Letting yourself know you are going to have a special cookie with your lunch will help you to not mindlessly pick.

A Life in Balance Creates Enjoyment in Choosing a Healthy Lifestyle

- Fit short bursts of exercise in whenever you can.
 - Take a 10 minute walk between the meal and dessert time.
 - Walk while you and Uncle Steven play catch up.
 - When there is a commercial on during the football game get up and do some jumping jacks.
 - Stretch while you are waiting for foods to be cooked.
 - Dance as much as you can!
- Keep yourself de-stressed. Stress leads to overeating and this time of the year food is everywhere so it can be tempting to overeat because of emotional reasons. Be aware of this and manage your stress.
 - Make lists
 - Try not to over commit
 - Practice moments of silence and just sitting quietly during the season
- View preparing the food as a de-stressor as opposed to a stressor.
- Reflect on the "Reason for the Season" and try not to allow yourself to get caught up in aspects that are not meaningful to you.

Great Gifts

- Choose gifts that support a life of health and wellness:
 - Dance or yoga class gift certificates
 - Hobby related gift certificates or trying something new such as: pottery, gardening, beading, fishing, watercolors, hiking
 - Massage gift certificates
 - A positive magazine subscription
 - DVD subscription
 - Tickets to a comedy act
 - A day at the spa
 - Cooking gadgets and cooking class gift certificates. The more we cook in the home the better.
 - A gift certificate to a nice restaurant where the food is made from scratch.
 - Make a homemade gift certificate and cook a loved one a special meal. It works out great you get to enjoy the art of cooking and enjoy quality time with the loved one.
 - A subscription to a Community Supported Agriculture produce box.
 - A comical book
 - A journal
 - Gift certificate to a photo store
 - Recipe ingredients to complement recipes of choice or a cookbook.
 - Gift certificate to a specialty food store. And tell the person they must use it to buy something they have never tried before.

Eating at Family Gatherings

Handling "Home For The Holidays"

They mean well ... but honestly!!

What happens if your family is not on board with eating real food? What happens if they are used to having food around -- and eating, all the, all the, all the time?

What is the Short Term Problem?

We're like gold fish, that's the short-term problem. If you put food around us, we will eat until we hurt ourselves.

Unless you are a super hero, with a super iron will, chronic food leads to chronic eating.

What is the Long Term Problem?

If you dissociate "eating" from "hunger", and you put things in your mouth for other reasons:

- Because it was there
- Because you were bored
- Because you smelled it
- Because you were sad
- Because you were happy
- Because someone said you had to
- Because because because because because

If you WANTED to create mindless overconsumption in yourself, this is exactly what you would do.

The real issue with the chronic presence of food at your family gatherings is that (**unless you are a Will Power Superhero**) it creates LONG-TERM chronic consumption.

You become hungrier more often, and spiral into a hole that is very hard to climb back out of.

Want to Lose Weight? Handle The Holidays At Home

SOLUTION #1: WHEN THEY COME TO YOUR HOUSE

Healthy traditions are like inertia ... you can make your own, starting this year!!

First of all: Ban the sugar bomb. Don't even bring the candy canes and other sweets into your house. If you need to have nibbles about, use unsalted nuts or fruit.

Set up your home for success: Get food off the counters and put it away. Drinks are a different matter, but the food must be out of sight. If you are at home for the holidays, and you find yourself compelled to gather a flotsam of feasting goodies around you, there are a couple of strategies that will keep you out of trouble.

Remember fruit? Apples come in single serving sizes, wrapped in a handy, edible, holiday colored packaging! Tangerines are fabulous to have around. If you have guests over, have a few olives. They are great for you, and you can't take 27 of them in your hand and down them all at once.

SOLUTION #2: WHEN YOU GO TO THEIR HOUSE

For your weight: If your family leaves candies about, you have got to make it your policy to **eat only one of them at a time**. One M&M? Yes. One mint? Yes.

Eat one and walk away to do something else. Learn this habit and burn it in. This will save you a ton of calories.

Be a serial taster: Winnie the Pooh grumped when Rabbit hoarded his honey by saying "I didn't want to eat it, *I just wanted to taste it.*"

If you do have something, mentally prepare by telling yourself that you will have a "taste," not a bite. That way you can get the flavor of the food without over-consuming.

Location, location, location: Gravitate to the food-free zones of the home, like the living room. Weather permitting, stroll out to the porch with your nephew and talk out there.

The point is this: if you cannot be around the food without eating your way to the bottom of the plate, be somewhere else.

Recipes

Honey Nut Cinnamon Biscotti - Yields: Approximately 3 dozen cookies

You'll Need

- 2 cups all-purpose flour
- ½ cup sugar
- ¾ cup blanched almonds, finely ground
- ¾ cup nuts of choice, coarsely chopped
- ½ teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon cinnamon
- 1/3 cup honey
- 1/3 cup water

Directions

- Preheat oven 350
- Combine everything except honey and water and stir to mix. And before you add the honey and water and want to add any other additions now is the time to do it (see below for suggestions).
- Next add in honey and water and mix with hands until a firm dough forms.
- Divide in half and form two narrow logs, approximately 10 inches in length.
- Place on a baking sheet lined with parchment paper. Be sure to leave room between logs for spreading.
- Bake until firm and risen approximately 20 minutes.
- Remove from oven let cool for 8 minutes. Then slice on a diagonal about ½ inch thick. Slightly separate the pieces and bake another 10 to 15 minutes until golden and fairly dry. Bake longer if needed.

Play with Your Food

Suggestions for additions

If choosing a different kind of nut, replace the coarsely chopped almonds noted above with your nut of choice. And if adding another addition, approximately ¼ cup is a good amount especially if the addition has some sweetness as you do not want the biscotti to become too sweet or lose its form.

- Diced figs and pecans
- Diced dates and walnuts
- Dark chocolate chips
- Cranberries or chopped dried cherries
- Coconut
- A pinch of nutmeg

Ginger Snaps

You'll Need

- ¼ cup softened, butter
- 1 cup granulated sugar and a bit extra to roll onto cook dough
- ¼ cup dark molasses
- 1 egg
- 2 cups flour
- ½ teaspoon ground cloves
- ½ teaspoon ginger
- 1 teaspoon cinnamon
- 2 teaspoons baking soda
- ½ teaspoon salt
- 1/3 cup to ½ cup crystallized ginger

Directions

- Preheat to 375 degrees F.
- Combine butter, sugar, molasses, and egg. Beat well.
- Sift all dry ingredients together.
- Add the dry to the wet mixture. Mix well.
- Add ginger chips and mix throughout.
- Chill mixture for one hour.
- Form 1-inch balls. Roll balls in granulated sugar. Place on a greased cookie sheet, approximately 2- inches apart.
- Bake 8-10 minutes.

Play with Your Food

Leave out crystalized ginger

Veggie Dip

You'll Need

- 1 ¼ cup plain yogurt
- ¾ cup sour cream
- 3 garlic cloves, minced
- 1 cucumber, peeled, seeded and chopped
- 1 Tablespoon fresh mint, chopped
- Salt and Pepper to taste
- Assorted raw sliced veggies

Directions

- Put all ingredients into a food processor or blender and process until well combined.
- Chill.
- Serve with raw vegetables.

Play with Your Food

- Substitute mint with other fresh herbs such as parsley, basil, dill, etc.
- Add a splash of lemon juice.