

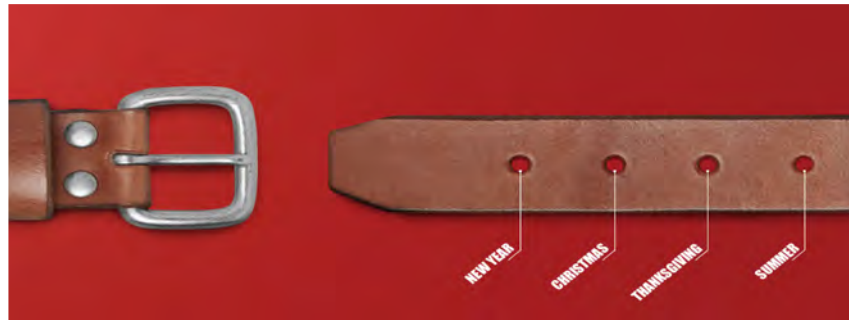


Healthy Eating for the Holidays

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Cancer Connections
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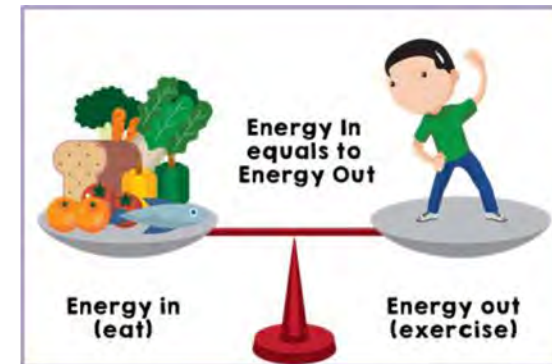
Finding Balance

- Food is everywhere during the holiday season!
- Finding a balance between enjoying the holiday foods that you love and maintaining a healthy lifestyle is possible
- Don't wait until the New Year to make changes!
- Be realistic
 - Focus on weight maintenance during the holidays



Why is Weight Maintenance so Important??

- “Next to not smoking maintaining a healthy weight is the most important thing you can do to reduce cancer risk”
- Fat is not just fat
 - Fat releases hormones which can trigger cancer cell growth
 - Excess fat produces cytokines- inflammation
- Avoid excessive weight gain after treatment
- Balance calories consumed through food with calories expended through exercise



Preparation is Key

- Don't skip meals to "save room for later"
- Have a snack with protein and fiber before food focussed gatherings
 - Fruit with nut butter, trail mix, vegetables dipped in hummus
- Serve appetizers on a small plate and step away from the buffet
- Socialize away from food
- Prioritize your holiday favorites, skip those that you can have routinely
- Bring a healthy dish to share
- Get rid of leftovers!





Including appetizers, dinner, and dessert, the average Thanksgiving meal is about

3150 calories

Try the Plate Method

VEGETABLES

- Fill ½ of your plate with vegetables, such as carrots and green beans.
- Avoid casseroles or dishes that have heavy creams, sauces, butter or crusts.
- Other vegetables to consider include: broccoli, salad, brussel sprouts, or asparagus.
- If your table is low on vegetables, consider adding fruit to this half of your plate. Cranberries, baked apples, and pears are all good options.



GRAINS

- Fill ¼ of your plate with starches such as stuffing and sweet potatoes.
- Other choices for this section may include: mashed or baked potatoes, rice pilaf, or corn pudding.
- Skip the bread or rolls!

PROTEIN

- Fill ¼ of your plate with lean turkey slices (approx. 3-4oz).
- Avoid dark meat (including drumsticks!).
- Remove the skin from the turkey before eating.
- Instead of gravy, use a fruit-based relish for a special kick. See recipe on page 3.

Portions Matter



Turkey
Serving size:
3 ounces
Deck of cards



Pie
Serving size:
 $\frac{1}{8}$ of 9" pie
Lightbulb



Cornbread
Serving size:
1 $\frac{1}{2}$ " square
Bar of soap



**Gravy or
cranberry sauce**
Serving size:
 $\frac{1}{4}$ cup
Golf ball



Butter
Serving size:
1 teaspoon
1 die



**Mashed potatoes,
stuffing, or casserole**
Serving size:
 $\frac{1}{2}$ cup
Billiard Ball



Portions Matter

- Use a smaller plate
- Serve vegetables and protein first
 - Less room for higher calorie sides like mashed potatoes, stuffing, and rolls
- Serve meals in the kitchen, rather than family style
- Scale back recipe sizes so there is less temptation to over eat



Healthy Swaps

Lighten up holiday classics

- Use low fat greek yogurt instead of sour cream in dips or mashed potatoes
- Serve appetizer dips with colorful fruits and vegetables instead of chips
- Serve whole wheat bread or rolls to increase fiber and nutrient density
- Add extra vegetables to side dishes like stuffing or casseroles
- Try adding shredded sweet potatoes or zucchini to latkes



Healthy Swaps

Limit alcohol consumption

- Alcohol increases the risk of several cancers
- Alcohol metabolism produces acetaldehyde, which can damage DNA
- Reactive Oxygen Species can cause damage through oxidation
- Alcohol can change the way a women's body metabolizes estrogen
- Alcohol is also a source of calories, if mixed with sugary mixers, even more
- Limit alcohol consumption
 - Women- 1 drink/day
 - Men- 2 drinks/day



Healthy Swaps

Limit alcohol consumption



Mulled Wine



Spiced Cider



Eggnog



Hot chocolate made with skim milk



Holiday Punch



Water flavored with fruit and herbs

Healthy Swaps

Incorporate more color



Healthy Swaps

Incorporate more color

- Phytochemicals are naturally occurring chemicals found in plants
- Provide color, flavor, and smell
- Phytochemicals have the potential to:
 - Stimulate the immune system
 - Prevent carcinogen formation
 - Reduce inflammation
 - Prevent DNA damage and help with DNA repair
 - Slow the growth rate of cancer cells
 - Trigger cell death (apoptosis) in damaged cells
 - Help to regulate hormones
- To maximize the benefits, consume a variety of brightly colored vegetables and fruits



Healthy Swaps

Incorporate more color



Carotenoids

- Inhibit cancer growth
- Support vision
- Promote skin health



Indoles

- Help repair damaged DNA
- Increase activity of enzymes that protect the body from cancer causing compounds



Flavonoids

- Antioxidant
- Inhibit tumor growth
- Stimulate self-destruction of abnormal cells



Inositol

- Slow tumor growth
- Promote death of cancer cells

Key Takeaways

- Start making healthy changes now!
- Enjoy the foods that you love, but be mindful of portion sizes
- Making healthy swaps can increase nutrient content and decrease calorie intake



Resources

- <http://www.aicr.org/>
- <http://www.oncologynutrition.org/>
- <https://www.cookforyourlife.org/>



Questions??

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