

Welcome to the December Statewide Wellness Virtual Lunch and Learn

Hosted by: OSHR Worksite Wellness



If you participate in the State Health Plan, you can find a nutritionist near you by logging into your BCBSNC account or calling BCBS.

Dietician visits are covered at 100 percent when an in-network provider is used. Visit www.shpnc.org to learn more.

For future Worksite Wellness Lunch and Learns or recordings of previous events, visit oshr.nc.gov/wellness-webinars.

Let's lunch and learn!

Healthy Holiday Mindset

By Katie Godin, RD, LDN



LifeStyle
MEDICAL CENTER

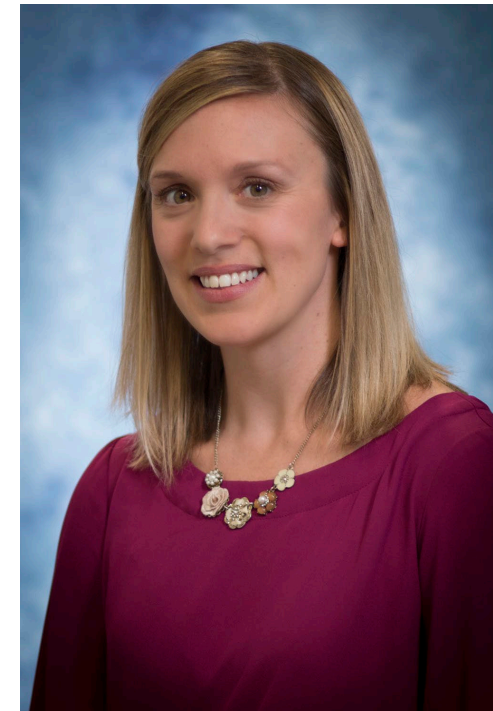
Evidence-based Lifestyle Modification
and Medical Nutrition Therapy

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Evidence-based Lifestyle Modification
and Medical Nutrition Therapy

- Lifestyle Medical Centers offers Nutrition Counseling to assist with educating you on how to make positive lifestyle changes alongside continual support and encouragement.
- **Services offered:**
 - Weight Management
 - Women's Health
 - Sports Nutrition
 - Chronic Disease Counseling
 - Bariatric Support
 - Smoking Cessation
 - Sleep Assessment and Stress Management



Tip # 1: Balanced and Structured Meals

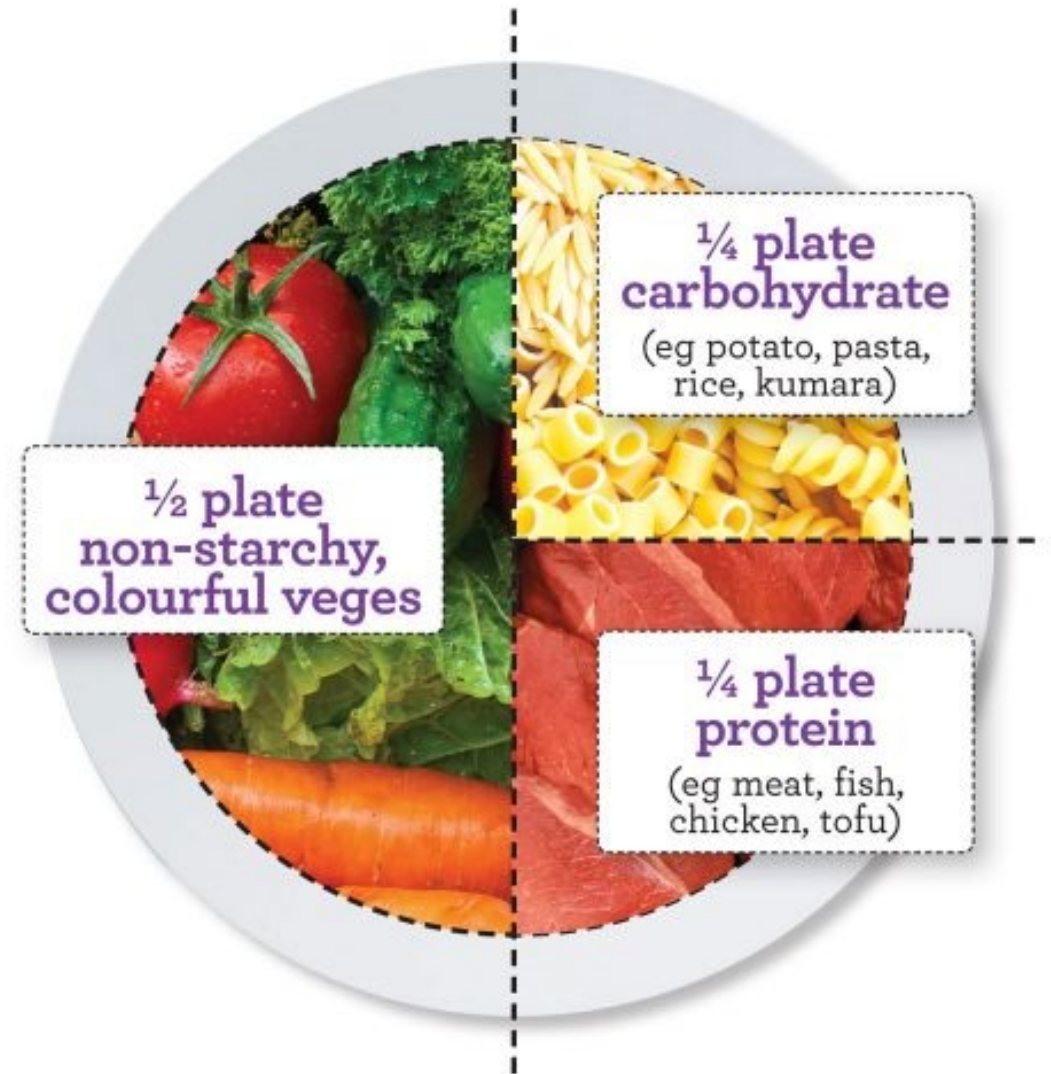
- Have a plan for balanced meals and snacks
- Avoid skipping meals
- Try to eat every 3-4 hours for blood sugar stability
- Do not “save up” for the party

A hand-drawn meal plan in a notebook. The notebook is open to two pages. The left page is titled 'MEAL PLAN' and has four columns: 'BREAKFAST', 'LUNCH', 'DINNER', and 'SNACKS'. The right page has a drawing of a person and the same four columns. The meal plan is written in blue ink. The days of the week are written in the left margin: MON, TUE, WED, THU. A hand is holding a pen over the 'SNACKS' column on the right page.

	BREAKFAST	LUNCH	DINNER	SNACKS
MON	Omelette	Lasagne	Spaghetti Bolognese	Cashew Nuts Apple
TUE	Protein Milk Shake	Schitzel and Salad	Roasted Duck with rice	Banana Apple Pie
WED	Muesli with milk	Chicken Salad	Salmon with white Beans	Yoghurt Peach Strawberries
THU	Scrambled eggs Toast	Tomato Soup Fried Chicken	Pizza	Protein Bar

Tip #2: Portion Control

- Plate Method approach
- Game plan for parties
- Remember Tip #1
- Know the food layout beforehand



Tip #3: Simple Substitutions

TRY THIS	INSTEAD OF THIS
Applesauce	Oil
Avocado or Banana	Butter or Cream
Greek Yogurt	Sour Cream
Fruit, Dates, Honey	Refined Sugar
Nut Milk	Full fat milk
Dressing up Fruit	Heavier / Full Fat desserts
Holiday Mocktails	Regular Cocktails

Tip #4: Slow it down

- Enjoy your food – savor every bite!
- Put food on a plate
- Sit down!
- Have a mid-meal check-in
- Try putting utensils down between bites
- Set a timer
- Save it for later! You can always come back to it.



Tip #5: Avoid Distractions!

- Avoid screens
- Try to avoid working and eating
- Enjoy your food outside if able
- Eat as a family (without phones!)
- Do not multi-task while eating



Tip #6: Remember to “STOP” and think..

S – Stop what you are doing

T – Take one min of deep breathing

O – Observe physical hunger. Utilize Hunger Scale.

P – Proceed with Awareness



Tip # 7: Prioritize Your Indulgences

- Embrace Food nostalgia. Food memories are very important!
- It's ok to say, "no thank you." You do not have to eat because it's offered.
- If multiple options are available – pick what most speaks to you!
- Accept your food choice. No regrets! And remember – enjoy it!



Tip #8: Avoid “All or None” Thinking



DO NOT AIM FOR
PERFECTION



REALISTIC GOALS VS.
RIGID RULES



RIGIDITY CAN = BINGE
TYPE BEHAVIORS



SET SMART GOALS FOR
YOURSELF , KEEP THEM
SMALL AND SIMPLE

Tip #9 : Flexibility and Grace

- Set realistic goals over the holidays
 - Ex → I will use Plate Method for guidance on portion control, including when eating holiday foods/meals vs. I will avoid eating dessert.
- Stay off the scale for a little bit
 - Checking in occasionally is OK – but obsessive focus is not the answer.
- Avoid micromanaging every bite of food
 - Food tracking can help with awareness but it's OK to live in the moment and be present without tracking every bite, every day.



Tip #10: Prioritize Stress Management

- Work on non-food coping skills to help with stress
 - Breathing techniques/Meditation
 - Exercise
 - Practicing other forms of self-care that you enjoy
- Say “No” to things
 - Prioritize your gatherings
- Simplify your expectations of yourself around the holidays
- Maintain your energy by eating healthy foods and staying hydrated
- Prioritize healthy sleep habits



Tip #11 : Stay active

- Keep walking shoes nearby
- Bundle up and get outside!
- Try apps / YouTube channels
- Put on some fun music and dance!
- Get family involved
- Keep it short and sweet if needed



Tip #12: Adult beverage tips

- Plan for them
- Space them out and pace yourself
- Try a mocktail
- Prioritize food beforehand and during
- Stay hydrated before and during



Tip #13: Travel tips

- Keep healthy snacks readily available for car or plane
- Plan where you may stop to eat along the way
- Stay hydrated
- Bring exercise clothes/shoes with you
- Plan a walk with family



References:

- <https://blog.swedish.org/swedish-blog/5-ways-to-maintain-a-healthy-mindset-about-holiday-food>
- <http://trending.hnjh.org/6-habits-healthy-holiday-mindset>
- <https://newsinhealth.nih.gov/2016/11/healthy-holiday-foods-fun>
- <https://www.everydayhealth.com/diet-nutrition/tips-for-mindful-eating-during-the-holiday/>



Let's Cook!

No Sugar Added Sweet Potato Casserole

From Eating Well