

Holiday Meals—It’s A Matter Of How You Fill Your Plate

Source: *Small Victories, University of Wyoming*

Differences

The plate on the left has larger amounts of *gravy, stuffing, potatoes, turkey skin, salad dressing, cranberry sauce* (higher-fat/higher-sugar foods).

The plate on the right has larger amounts of green beans and tossed salad (lower-fat/lower-sugar foods).



Similarities

Both plates have the same food items—only amounts differ

Left Plate Amount/Calories	Food Item	Right Plate Amount/Calories
5 oz with skin = 305	TURKEY	3 oz without skin = 135
1/2 cup = 200	STUFFING	1/4 cup = 100
1/4 cup = 15	GREEN BEANS	1/2 cup = 30
1/2 cup = 110	MASHED POTATOES	1/4 cup = 55
1/4 cup = 160	GRAVY	2 tablespoons = 80
1/4 cup = 10	TOSSED SALAD	1/2 cup = 20
2 1/2 Tbsp. = 200	SALAD DRESSING	1 Tbsp. = 80
1/4 cup = 100	CRANBERRY SAUCE	2 Tbsp. = 50
1100 Calories	Total Calories	550 Calories

You may prefer the left plate. However, when trying to moderate food intake, learning to prefer plates like the one on the right will help harness “the power of portion control.”

With portion control, you can have a full plate, eat the foods you like, and feel satisfied but not overstuffed.

*In other words, you can enjoy the foods you like **while** you eat, and feel good—physically and mentally—after you leave the table.*

Overeaters Anonymous

Source: Overeaters Anonymous

15 Questions

This series of questions may help you determine if you are a compulsive overeater. Many members of Overeaters Anonymous have found that they answered yes to many of these questions.

Are You A Compulsive Overeater?

1. Do you eat when you're not hungry?
Yes No
2. Do you go on eating binges for no apparent reason?
Yes No
3. Do you have feelings of guilt and remorse after overeating?
Yes No
4. Do you give too much time and thought to food?
Yes No
5. Do you look forward with pleasure and anticipation to the time when you can eat alone?
Yes No
6. Do you plan these secret binges ahead of time?
Yes No
7. Do you eat sensibly before others and make up for it alone?
Yes No
8. Is your weight affecting the way you live your life?
Yes No
9. Have you tried to diet for a week (or longer), only to fall short of your goal?
Yes No
10. Do you resent others telling you to "use a little willpower" to stop overeating?
Yes No
11. Despite evidence to the contrary, have you continued to assert that you can diet "on your own" whenever you wish?
Yes No
12. Do you crave to eat at a definite time, day or night, other than mealtime?
Yes No
13. Do you eat to escape from worries or trouble?
Yes No
14. Have you ever been treated for obesity or a food-related condition?
Yes No
15. Does your eating behavior make you or others unhappy?
Yes No

Overeaters Anonymous is a fellowship of men and women from all walks of life who meet in order to help solve a common problem—compulsive overeating. The only requirement for membership is a desire to stop eating compulsively. The program is patterned after the Alcoholics Anonymous program. There are thousands of meetings in the United States, Canada, and other countries throughout the world.

OA welcomes everyone who wants to stop eating compulsively. There are no dues or fees for members.

To attend a meeting or learn more about the Overeaters Anonymous program of recovery, call:

218-728-4644

Or go to: www.aa.org

Meeting locations:

Monday 6:30 pm • Elim Lutheran Church
6101 Cody St. Duluth • 218-427-2122

Tuesday 1:30 pm • Carriage House top floor (next to St. Paul's Episcopal) • 1700 E Superior St • 218-724-6126

Tuesday 6:30 pm • Cloquet Alano Club • 10th Street, Cloquet • 879-0320

Wednesday 7:00 pm • Our Savior's Lutheran • 1924 Wyoming Ave, Superior • 715-363-2619 or 715-392-0603

Saturday 9:30 am • Our Savior's Lutheran • 4831 Grand Avenue (back door, down basement) • 218-310-4590

There are also meetings in Two Harbors and Virginia.

YOUR Way***Adult Weight Management Program***

CAIR—Community Room
Mondays 12:00 or 4:30

MNAW—McKnight Room
Thursdays 12:00 or 4:30



Guidance from Registered Dietitians & Personal Fitness Trainer. Weekly weigh-in, group discussions, goal setting, problem solving, support & ideas.

On The Move!

FDL Human Services - Public Health Nursing

Zumba: Mondays & Wednesdays 4:45—5:30
 Head Start Gym

Get Fit: Tuesdays & Thursdays 12:00—12:30
 Tribal Center Gym

Yoga Class: Fridays 12:00—1:00 McKnight Room
 (enter door 5 at Min No Aya Win)

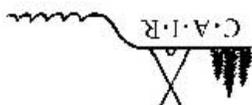
Water Aerobics: Mondays & Wednesdays 8:00—9:00 am (elders) Tribal Center Pool

Tai Chi: Mondays 9:15—9:45 am (elders)
 Tribal Center



7 Holiday Tips—From The American Diabetes Association

- Focus on friends and family instead of food.** Remember, the holidays are a time to slow down and catch up with your loved ones. Play games, volunteer, or spend time outdoors enjoying the winter weather together.
- It's a party, but don't overdo it.** Eat slowly, and really enjoy the foods that you may only have once a year. If the meal will be served near your usual meal time, try to eat the same amount of carbohydrate that you normally would for a meal. If you plan to have a portion of dessert, cut back on another carbohydrate food during the main course. Make sure your portions are reasonable and resist going back for second helpings.
- Eat before you eat.** Don't skip meals or snacks earlier in the day to "save" calories and carbs for the large holiday feast later on. If you skip meals, it will be harder to keep your blood sugar in control and you will be more likely to overeat.
- Bring what you like.** Don't spend time worrying about what will be served. Offer to bring your favorite diabetes-friendly dish. It could be a low-sugar or low-fat version of recipe. If you count carbs, check your recipe's nutrition facts so you know how big a serving is and how many carbs it has.
- Drink in moderation.** If you drink alcohol, remember to eat something beforehand to prevent low blood sugar levels later. Whether it's a glass of eggnog or red wine, holiday drinks can add a significant amount of calories to your holiday intake. Keep it to no more than 1 drink for women and 2 drinks for men.
- Stay active.** One reason that we have problems managing diabetes and weight during the holidays is our lack of physical activity. Sure, the holidays are busy, but plan time into each day for exercise and don't break your routine. Make the holidays an active time.
- If you overindulge, get back on track.** If you eat more carbs or food than you planned for, don't think you have failed. Stop eating for the night and focus on spending the rest of your time with the people around you. Include extra exercise, monitor your blood sugar levels, and get back on track with your usual eating habits the next day.



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Living In Balance Newsletter
Fond du Lac Human Services



The Best Light Pumpkin Pie

The American Institute for Cancer Research's Weekly Health

This pumpkin pie saves 151 calories and 12 grams of fat per slice from the traditional version and it tastes identical!

Ingredients:

- 1 cup ginger snaps
- 16 oz. can pumpkin
- ½ cup egg whites (about 4)
- ½ cup sugar
- 2 tsp. pumpkin pie spice (cinnamon, ginger, cloves)
- 12 oz. can evaporated skim milk



Preheat oven to 350°. Grind the cookies in a food processor or blender. Lightly spray a 9" glass pie pan with vegetable cooking spray. Pat the cookie crumbs into the pan evenly. Mix the rest of the ingredients in a medium-sized mixing bowl. Pour into the crust and bake until knife inserted in center comes out clean, about 45 minutes. Store in the refrigerator. Allow to cool and slice in 8 wedges. Optional: Serve each wedge with fat free whipped cream.

Serves 9. Each slice: 165 calories, 1.5 g fat, .5 g saturated fat, 1.5 mg cholesterol, 170 mg sodium, 32 g carbohydrate, 2 g fiber, 6 g protein.