



This Holiday Season — Eat, Drink and Be Healthy!

Eisenhower Offering Free Nutrition-Focused Lectures Throughout December



The holidays are here. For many, this time of year means a plethora of sugary baked goods in the office or calorie-laden comfort foods at home. Despite our will power, many of us indulge — throwing inhibition, and the bathroom scale, out the window. Moreover, the holidays tend to create a dilemma for people who are on special diets, or who are trying to make healthier decisions about what they eat. Here are some strategies to keep you on track during a very tempting holiday season:

- Have a plan before the holiday approaches. Statistics indicate that Americans tend to gain 10 to 15 pounds between Thanksgiving and the New Year so plan ahead. If your evening plans include a dinner party, make healthier food choices for breakfast and lunch.
- Think twice about how much alcohol you drink. Alcoholic beverages are calorie-laden libations that contain no nutritional value.
- Invited to a holiday potluck? Offer to bring your favorite food and then make it low fat. For instance, use low fat or nonfat sour cream in your favorite dip, and substitute vegetables for potato chips that are typically high in fat.
 - Eat slowly. Savoring each bite will actually help with digestion, making you feel full faster.
 - Take smaller servings of the richer foods, and eat in very small bites.
- Temptation will be everywhere in the form of cookies, cakes and candy. Decide to only eat homemade treats, and simply cut them in half...and only eat the half. In effect, cutting the dessert in half means cutting half the calories while enjoying the treat!

As rushed and busy as the holidays tend to be, don't neglect physical activity. Not only will that daily walk help offset the extra calories you have eaten, it will act as a wonderful stress reducer.

Want more tips on eating healthy during the holidays and beyond? Eisenhower Medical Center is offering free lectures throughout December focusing on nutrition.

Food Allergy 101

Monday, December 3, 1 to 2 p.m. AC

Rosalind Elemy, MA, RD, Clinical Dietitian

To register, call 760-568-1234 by November 30.

What's Up with Well-Controlled Sugar?

Argyros Health and Wellness Series

Tuesday, December 11, 5:30 to 7 p.m. LQ

K. Douglas Thrasher, DO, Board Certified in Family Medicine

To register, please call 760-610-7205.

Diet and Stress Management

Great Living Starts Here Series

Wednesday, December 12, 1 to 2 p.m. LQ

To register, please call 760-610-7205.

HEALTHY NIGHT OUT

Healthy Holiday Eating

Wednesday, December 19, 4:30 to 6:30 p.m. AC

Is it possible to trim the tree as well as your waistline when you put our "Tasty and Trim" tips to the test? Includes a live cooking demonstration by Eisenhower Medical Center's Chef Jason Gagnon and Clinical Dietitians Sally Saban, Barbra Sassower and Mallory Benavides.

The heart-healthy dinner will feature eight super foods for your holiday health.

Reservations are required by December 14. \$8; includes dinner.

To register, please call 760-568-1234.

AC Annenberg Center for Health Sciences at Eisenhower

LQ Eisenhower George and Julia Argyros Health Center, La Quinta

EMC News is a publication of Eisenhower Medical Center · © Copyright 2015 All Rights Reserved · www.emc.org