



S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES

Brought to you by the Nutrition Connection in the Center for Health and Well-Being

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Celebrate Smart

How to Navigate Nutrition During the Holidays

Here are some tips to make your holiday season healthier and get yourself ready for the New Year.

Portion Your Plate

- If you are having multiple sides (for example, stuffing, mashed potatoes, and green bean casserole) try sticking to make each serving about 1/4 cup each. That's about the size of a golf ball.
- Try to keep meat like turkey around 3-4oz per serving. That's about the size of a deck of cards.
- Gravy and sauces can increase calories, saturated fat, and sodium quickly! Keep gravies and sauces to about 2 tbsp per serving. That's about the size of your thumb.

Bring a "Healthy" Option

- The holidays are all about sharing with others. Bring a healthy recipe to bring to dinner like roasted vegetables. Try easy swaps like opting for lighter dairy in a traditional recipe. For example, using 2% milk in the mashed potatoes instead of heavy cream.

Utilize Your Leftovers

- Leftovers can be great for meal prep! Stars of the holiday meal like turkey and ham would make a great addition to soups, salads, and sandwiches. Try to add some whole grains and vegetables to create a well-balanced meal.

Share with Others

- The holidays can be a time where we find sweets laying around the house more often than usual. Save a few for yourself then bring those treats into work or share with friends to reduce the chances of mindlessly eating the entire cookie tray.

Eat Mindfully

- Slow down and savor your meals. Listen to your body's hunger cues to assure you enjoy your food without the stomach ache.

Stay Hydrated

- It is easy to forget to hydrate during this busy time of year. Remember to drink plenty of water and limit high-calorie beverages like alcohol, soda, and eggnog.

Get Active

- Find an activity that gets the whole family moving! A post-meal walk or a fun family activity can help with digestion, increase energy levels, and reduce stress.

Feeling fatigued after the feast?

Myth: Turkey is the reason for fatigue after a holiday meal.

Fact: While turkey contains an amino acid called tryptophan that can lead to sleepiness, it would take about 8 pounds of turkey to cause drowsiness.¹ It is more likely that the large amounts of food, alcohol, or sugar consumed are the cause of any sleepiness.

Tip: Try your best not to overindulge all in one sitting to prevent the post-meal crash. Instead, start with smaller portions and spread out treats to keep your energy up.



The Season of Giving

The holidays are a great time to give back. Help those in need by donating to your local food bank.

Find a food pantry near you using this interactive map.



Produced By: IUP Department of Allied and Public Health—Food and Nutrition

1. The Turkey-Tryptophan Connection — Is It Really What's Behind the Thanksgiving Snooze? www.texashealth.org. <https://www.texashealth.org/areyouawellbeing/Eating-Right/The-Turkey-Tryptophan-Connection-Is-It-Really-Whats-Behind-the-Thanksgiving-Snooze>