

# Surviving the Festive Season



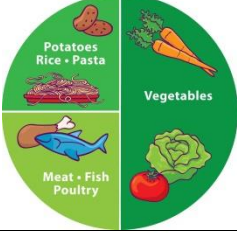




December is full of parties, tempting food and fun – it’s easy to indulge and the waistline expand.

In 2014 a study was conducted on 26 Brits to see how much weight they gained over a 2 week Christmas holiday. The average was 2.2 pounds with the greatest gain at 9.7 pounds (5 were sick and 3 lost weight!)

## My Top 10 Tips for Damage Limitation

1		<p><b>EXERCISE</b></p> <p>A very obvious one but actually, in winter, most of us do less exercise in the winter months due to the cold dark nights. If you are increasing the general quantities that you are consuming then it’s obvious that you need to increase the exercise levels too.</p> <p>Try to exercise as a family or with a friend for motivation, exercise in the mornings when its lighter or exercise at home – DVDs can be great for this if you don’t fancy going outdoors</p>
2		<p><b>LIMIT LIQUID CALORIES</b></p> <p>Thanks to party season and the weather we drink more calories in December. With the exception of herbal teas and water most drinks do have calories in them and they can soon add up! They often contain lots of sugar too and you can easily end up over the government recommends 7 teaspoons of sugar a day</p> <p>Try opting to be the designated driver on occasion, having water between alcoholic drinks, keeping the drinks small and sip at them, opting for herbal teas instead of hot chocolates and creamy coffees. With soft drinks go for lime and soda rather than fizzy drinks or fruit juices</p>
3		<p><b>PROTEIN PROTEIN PROTEIN</b></p> <p>Protein foods takes longer to digest than any other food and this means you feel fuller for longer and the sugar in foods take longer to enter the body which minimises sugar highs. You should eat protein with EVERY meal and snack – protein foods include meat, fish, pulses, beans, nuts, seeds, eggs and dairy foods</p>
4		<p><b>SNACK ON SAVOURY NOT SWEET</b></p> <p>When it comes to snacking savoury is better. Did you know that we have receptors in our stomach that tells us we are full – those receptors work for fats and proteins but we don’t have any for sugar. And this is why, when we are full to bursting after dinner, we can still manage some chocolates or icecream without too much issue!!</p> <p>So by having savoury snacks those receptors are more likely to be triggered and we are less likely to over eat. But also be mindful of the protein tip as well – a packet of crisps is just carbohydrate with no protein so isn’t going to keep you full, balance energy levels or give you any nutrients</p>
5		<p><b>SNACK POLICE</b></p> <p>At Christmas there is always tempting food and chocolates everywhere. Clearly me telling you to avoid them all is unrealistic and may stop you enjoying your celebrations so it must be about managing them. Ask yourself, do I really need this snack or can I hold off until dinner time. If the answer is that you need it or plainly want it then try these options:</p> <ul style="list-style-type: none"> <li>- Get a small pot and put some snacks in it and do not go back for any more</li> <li>- If you are off to a party where it’s snacking-ville eat something before you go</li> <li>- Remember to try and go for the savoury</li> </ul>

6		<p><b>NEVER SKIP MEALS</b></p> <p>Rather than saving on calories this may be counterintuitive. For some, starving yourself may slow your metabolism down so you burn fewer calories ongoing and when you next eat the food is stored as fat in case there is further periods of fasting</p> <p>A 2014/15 study conducted at Ohio State University has revealed that skipping meals not only leads to abdominal weight gain (belly fat), but it can also lead to the development of insulin resistance in the liver which increases your risk of type 2 diabetes.....so it's really not a good idea.</p> <p>Better is eating in just an 8-10 hour window in the daytime and not snacking!</p>
7		<p><b>EAT LARGER BREAKFASTS &amp; LUNCH AND A SMALLER TEA</b></p> <p>Go easy on the tea otherwise the calories just sit there in the evening. If you eat more in the earlier part of the day your body has a chance to burn the energy they provide rather than potentially storing it as fat</p>
8		<p><b>BALANCE YOUR MEAL</b></p> <p>How you build a meal is important to ensure you get the right balance of protein, carbohydrate and nutrient dense vegetables. No more than 25% of your meal should be starchy carbohydrate such as rice, pasta or potatoes, around 25% should be protein and 50% fresh vegetables which are filling, full of vitamins &amp; minerals and fibrous which help to keep your digestive system regular and healthy</p>
9		<p><b>SLEEP WELL</b></p> <p>We have 2 hormones called Leptin and ghrelin which are part of the body's weight homeostasis mechanism – so basically our weight management system. When we don't have enough sleep, blood levels of leptin drop. Sleep deprivation also increases levels of the hormone ghrelin, which is known to stimulate the appetite. This is why, when we've had a late night the next day we just can't seem to get full. Ensuring you get a lot of sleep over December may really help you manage those hormones.</p>
10		<p><b>MANAGE CHRISTMAS DAY</b></p> <p>Did you know the average Christmas dinner is 3289 calories – that's nearly 1000 more than we need in a day! But that's just one meal - over the course of the day it is expected that we eat around 7000 calories</p> <p><b>WAY TO REDUCE THIS</b></p> <ul style="list-style-type: none"> <li>- Cut back on the potatoes, stuffing and pigs in blankets and go large on the turkey and vegetables. Have a smaller slice of pudding too</li> <li>- Don't then graze on snacks for the rest of the day – eat a good tea later and make sure it isn't full of "naughty" treats.</li> <li>- Remember eating in the middle of the day gives your body a chance to burn the calories</li> <li>-Perhaps go out for a family walk in the afternoon to get fresh air and burn a little off too.</li> </ul>

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