

Zero Weight Gain

HOLIDAY CHALLENGE



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Holiday Overeating

Tips to get you back on track after overindulging

So you went to a fabulous holiday party and overindulged again. With so many tempting foods and drinks this time of year, it's an unavoidable consequence for most of us. The damage is already done, so why beat yourself up about it? Instead, try these six tips to get you back on track and feeling great:

Tip #1: Relax and Reflect: The day after you have gorged on goodies, sit back, relax, and acknowledge that you are human. Nobody is perfect and it's normal for these things to happen from time to time. You can't expect to be successful with your weight goals if you are your own worst enemy. Fortunately one night of overindulging is unlikely to cause a noticeable weight gain. It takes a whopping 3500 extra calories to add a pound of fat! That would mean you would need to consume a lot of extra calories to make a noticeable difference after one splurge.

Tip #2: Don't skimp on breakfast: Many of us might be tempted to eat a small breakfast or skip breakfast all together after blowing our diet. Think again. Not only does eating breakfast jumpstart your metabolism, but it also makes you less likely to over-



eat later. Instead of skimping on breakfast, cut back on calories at other meals and snacks by loading up on fruits and veggies. Put extra punch into your breakfast by adding high-quality protein to help keep you feeling full. Here is one healthy breakfast idea with less than 300 calories that will help you fight those mid-morning hunger pangs:

- 1 medium orange
- 1 slice whole wheat toast
- 1 slice reduced-fat cheese
- 1/2 cup scrambled eggs whites

*Melt cheese on toast and place cooked eggs whites on top

Since when does beating yourself up produce weight loss?

More Tips...

Tip #3: Keep your hunger under control throughout the day: Instead of snacking as soon as you get hungry, try drinking at least 8 ounces of water, then wait 10 minutes. Sometimes when our body thinks we are hungry, we are actually thirsty. If you still feel hungry, eat a healthy snack such as a handful of nuts or a cheese stick. People who eat healthy snacks between meals are less likely to overeat later. One way is to prepare lower calorie, pre-portioned snacks at home before you leave the house and put them in sandwich baggies. Then you will be less likely to make a trip to the vending machine or break room for your midafternoon snack.

Tip #4: Stick to your normal exercise routine: Some people may over-exercise to compensate for a day's worth of bad eating. This can lead to exhaustion and muscle soreness that might make you even less likely to exercise. Instead, stick to your regular exercise routine if you are already physically active. If you don't exercise on a regular basis, start with a small goal such as walking 10 minutes around your neighborhood in the evening. Exercising within a day or two of overeating will help you refocus on your fitness goals.

Tip #5: Say "no" to the scale: Instead of weighing yourself to assess the damage the next day, make an effort not to step on the scale after an episode of overeating. Instead, weigh yourself during the middle of the next week when your weight will most likely be close to normal again.

Tip #6: Use positive self-talk: Positive self-talk can help you get back on track with your fitness and eating goals. Try posting encouraging messages where you know you

will see them regularly: in your car, on your bathroom mirror, on your work desk, etc. While this may sound silly, you will be surprised by how motivated you will feel. Examples of positive mantras you can post are: "I will eat two more servings of vegetables today" or "I will walk a mile today." Seeing a visual reminder will make you more likely to follow through with your goals.



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See this week's recipe on next page



For More Information, contact your local Extension Office at 1-800-ASK-UGA-1

Pumpkin Roll

Adapted from a recipe on www.equal.com



Cake:

- ¾ cup egg substitute
- 1 cup granulated artificial sweetener
- 1 cup canned pumpkin
- 1 teaspoon lemon juice
- 1 cup self-rising flour
- 2 teaspoons ground cinnamon
- 1 teaspoon ground nutmeg

Filling:

- 4 ounces reduced fat cream cheese, softened
- 1 ½ cup frozen, light whipped topping, thawed
- 2 tablespoons granulated sugar substitute

1. Preheat oven to 350 degrees.
2. For cake, beat egg substitute and 1 cup granulated artificial sweetener in mixing bowl for five minutes on medium speed of mixer.
3. Stir in pumpkin and lemon juice.
4. Blend in flour and spices until well combined.
5. Line jelly roll pan with waxed paper. Spread batter evenly in pan. Bake for 5-8 minute until wooden pick comes out clean. Cool 3 minutes in pan and turn out onto clean cloth and roll up from the narrow end.
6. Chill in refrigerator until completely cool.
7. For filling, beat cream cheese, whipped topping and 2 tablespoons of granulated artificial sweetener in mixing bowl on medium speed until smooth and spreadable.
8. Unroll pumpkin roll and remove from cloth. Spread with filling and re-roll. Cover and refrigerate until ready to serve. Slice into pinwheels.

8 servings

Nutrition Analysis:

Calories: 144

Fat: 5 grams

Sodium: 300 milligrams

Exchanges: 1 ½ starches, 1 fat

Carbohydrates: 22 grams

Saturated Fat: 3 grams

Protein: 5 grams

Cholesterol: 8 milligrams

Dietary Fiber: 1 gram