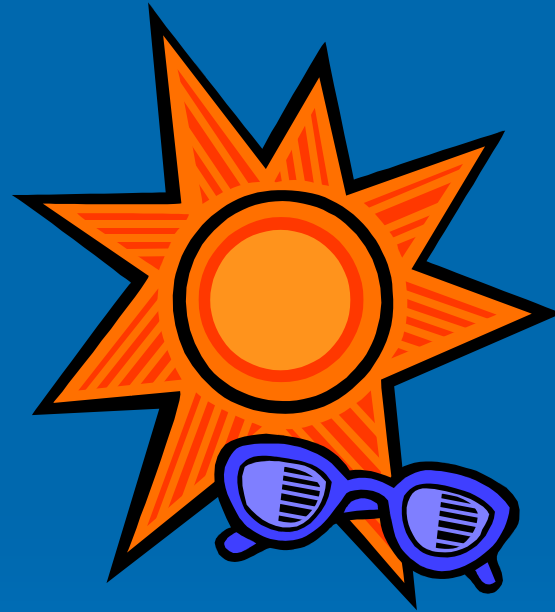


# Weekends, Holidays and Vacations...oh my!



Dana (Petersen) White, MS, RD, LDN

Registered Dietitian

LifeWeigh Bariatrics

# Weekends

- Weekends:
  - 52 weeks/year, therefore, there are 52 weekends!
  - That's 104 days.

A pink rectangular label with a dashed border and a scalloped inner edge. Inside, the word "SATURDAY" is written in bold, purple, uppercase letters on a white oval background.

**SATURDAY**

A yellow rectangular label with a dashed border and a scalloped inner edge. Inside, the word "SUNDAY" is written in bold, orange, uppercase letters on a white oval background.

**SUNDAY**

# Holidays



- Holidays:

- There are 6 major holidays: New Year's Day, Memorial Day, 4<sup>th</sup> of July, Labor Day, Thanksgiving, & Christmas
- Other holidays: Valentine's Day, St. Patrick's Day, Easter, Passover, Mother's Day, Father's Day, Rosh Hashanah, Yom Kippur, Halloween
- Then there's your birthday and everyone else's birthday!
- ...although, each holiday is one day, they often turn into Holi-weeks and Holi-months.



# Vacations

- Vacations:
  - Average of about 2 weeks per year
  - Though problematic because only 14% of Americans took 2 weeks off last year.
  - Vacations are good for you!





# The Research ...



## ➤ Weekends:

- Trend was toward 3 bigger meals per day
- On average, people ate 37 more calories on the weekends.
- But, those people who ate more on the weekends ate 400 calories more, a 20-percent increase.

## ➤ Holidays:

- Biggest increases were on holiday feasts- increase of 174 calories on those days.
- Some people ate 900 more calories on those days...a 46% increase

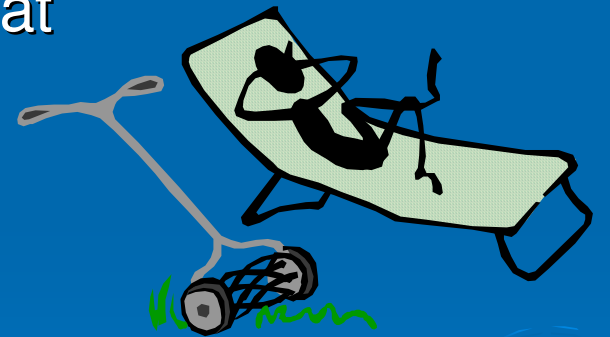
## ➤ Vacations:

- Not much research available.

Khare and Inman. Daily, Week-Part, and Holiday Patterns in Consumers' Caloric Intake. *J Pub Policy & Market*. 2009; 28(2)

# What Do Weekends, Holidays and Vacations have in Common?

- They are all wonderful 😊
- Our eating habits change ...
  - We eat either less often or more often
  - We eat BIGGER meals when we do eat
  - We eat more or fewer calories
  - We eat less healthy foods and drinks
  - We tend to indulge
- Our exercise habits change ...
  - We may be more or less physically active
  - We may or may not stick to our usual workout routine



# Which...



- Can result in weight gain / too much weight loss
- Inadequate intake of protein
- Inadequate intake of H<sub>2</sub>O
- Excessive intake of calories, sugar, fat and alcohol
- Bigger portions (>1/2 cup)
- Loss of motivation, may be hard to get back on track.

# Why does this Happen?

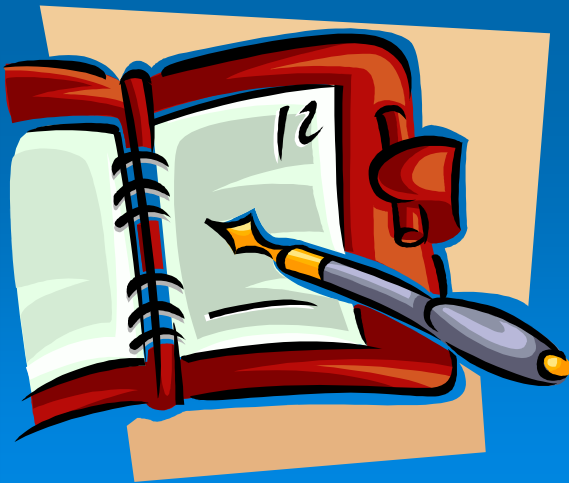
- We lose our routine
- We are not consistent (AKA not a lifestyle change just yet)
- Lack of planning
- We like to celebrate with food and drinks
- Family and friends can influence us



What Can We Do About  
This?



Maintain your Routine  
*(well, as much as possible)*



# Start with Breakfast

- Eat breakfast everyday- this starts your day off on a “regular” note.
- Be sure to include protein
- If you wake up later than usual– eat breakfast anyway, within about 1 hour of getting up.
- If you are on vacation, see if the hotel has a continental breakfast.
  - Yogurt
  - Eggs
  - Oatmeal made with milk
  - Toast / ½ English Muffin with pb
  - BYOB (Bring Your Own (Protein) Bar)

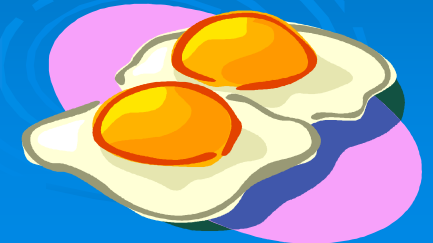
Eat your  
Breakfast!



# Going out to Breakfast?

## ➤ Healthy Options:

- Eggs are a great protein source
    - Veggie Egg White Omelet (for fewer calories: no cheese)
    - Skip the high fat meats like sausage, bacon, chorizo
    - Get fruit on the side, skip the hash browns or potatoes
  - Oatmeal (made with milk for extra protein)
  - Toast and peanut butter
- To drink: water, coffee with skim milk or tomato juice. Skip the fruit juices.
- Drink before you eat.



# Then, eat every 2-3 hours after that...

- Don't fall into the 3-meals-per-day syndrome (breakfast, lunch, dinner)
- This promotes larger portions, faster eating
- Eat every 2-3 hours after your breakfast.
- This may not be your usual eating times, but this will help you to stay on track.
- If you are falling into the “3 meals per day” syndrome- be sure to obtain easy, protein-rich portable snacks.



# What are Protein-Rich Portable Snacks/Mini Meals?

- Protein bar (<200 calories, <10g sugar, at least 10g protein)
- Protein shake
- ¼ cup nuts (~200 calories, so measure out!)
- Low-fat Cheese stick or Laughing Cow/Baby Bell Cheese wedges
- Tuna pouch – pair with whole grain crackers
- Fruit and veggies go with all options above



Be Consistent  
*(this fosters long-term change)*



# Research on Consistency

- Consistency builds habits.
- In fact, in one study, those who were more consistent with their eating habits (i.e. no “cheat days”) = kept weight off for longer.
- They also had larger initial weight losses.
- More consistent eaters = 1.5x more likely to maintain their weight w/in 5 # over the year compared to those who were stricter during the weekday.
- This is lifestyle change at work 😊 Not an on/off type of relationship with healthy eating.

...so, is it okay to have a  
“cheat day”?

...not really. Plan to work in food  
that you like daily to prevent  
overindulging later on.



# Be Consistent

- Think of your weekends, vacations and holidays as a usual day with food, but one with different activities.
- You may be going out to dinner, but try to order items similar to what you would make for yourself at home.
  - Salads with chicken, grilled fish and veggies, grilled chicken and asparagus, fajitas...etc.
- Think of it as an extension of your kitchen, this time, it's a bonus and you don't have to do the dishes!



# The Power of Planning

*(give yourself every opportunity to succeed)*



# Plan! Plan! Plan!

## ➤ Stop and think:

- What am I doing today?
- Where am I going?
- How long am I going to be there?

## ➤ Will you need a cooler or can you get by with some non-perishable items?



# Plan Ahead for Normal Days Too

- In a rush? Be sure to have healthy options at home.
- Be sure to go to the grocery store on a regular basis (have a grocery day?).
- Stock up on “ready to go” foods that you can grab on your way out the door.



# Outside Influences

*(Thanks, Aunt Carol, for bringing this  
cheesecake...)*



# Have a Plan for Family and Friends

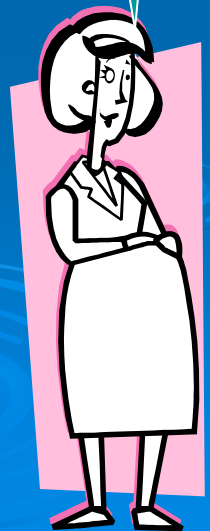
- Family and friends can influence our food and beverage decisions.
- These times usually revolve around food.
- Evaluate: are the people you are going to be with:
  - On the same page as you regarding food and eating?
  - Supportive of your decision to be a healthier person?
  - Open to ideas and suggestions to make the get together healthier?



# Family and Friends

- Talk with your family/friends and discuss if they would be open to making the fare or get together healthier.
- Bring a healthy dish (veggie tray, fruit salad, turkey roll-ups or shrimp cocktail) to share.
- Don't be afraid to say "no, thank you".
- Do not hang out by the food..

Oh, you  
**MUST**  
have  
some  
dessert!



# Mindful Eating

- If you do go out to eat or plan to have a rich dessert or meal...
- Take small bites
- Taste, enjoy each tiny bite.
- You eat less this way, but get all the flavor.
- Refer to Support Group Videos for more on this topic.
- Remember the raisin.

This should  
take you 2-3  
minutes to eat



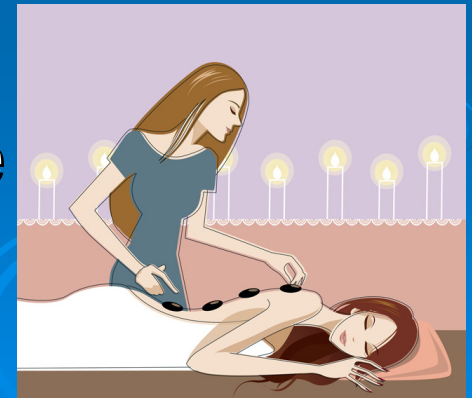
# A Different Focus

*(glasses or contacts not required)*



# Other Ways to Celebrate

- On vacation, holidays, or just weekends, we tend to allow ourselves to indulge.
- Focus on other things besides foods and drinks.
- On vacation: focus on the destination, activities, weather, enjoy your free time, relax, focus on your surroundings and the people you are with
- On holidays: focus on the reason for the holiday, the people and non-food traditions.
- On the weekends: enjoy the time, take time to relax, do things you don't have time for during the week, experiment with preparing healthy foods.



# A Few Random Tips



# Fruits and Vegetables

➤ They help to fill you up on less calories!

- Non-starchy vegetables: 25 calories in 1 cup
- Fruits
  - Berries: ½ cup: 25 calories
  - Melon: ½ cup: 30 cals
  - ½ apple, pear, peach, nectarine: 30-50 calories
  - Banana: 1 medium = 100 calories
- They also contain phytochemicals that fight cancer and other diseases
- Also help you to absorb nutrients.



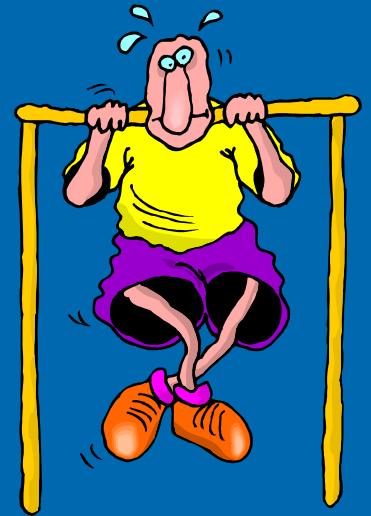


## One little reminder about alcohol..

- Alcohol calories are “empty” calories
- Alcohol can be absorbed much more quickly after gastric bypass.
- Alcohol calories can add up quickly:
  - ~100-150 calories: 1 ½ oz liquor, 4 oz wine, 12 oz beer
  - Margaritas, pina coladas, daiquiris, and other “fruity” drinks can contain 300calories + and contain loads and loads of sugar.
- Better to minimize alcohol. Drink more water.

# Exercise

- Weekends, vacations and holidays can wreak havoc on our exercise routines.
- During holidays- go to the gym, most of them have regular/modified hours.
- Weekends- this is the BEST time! Do a longer workout these days.
- Vacations- you may be more active, but don't forget to exercise (raise your heart rate). Find a hotel with a gym or go outside for a brisk walk.



# The Bottom Line



- Enjoy the time off!
- Try to eat/exercise as consistently as possible.
- Plan for the day to prevent over indulgences
- Remember that your body still needs good nutrition (enough, but not too much) even when its not a normal day.
- If nothing else, you'll feel soooooo good if you come back after your weekend, vacation or holiday and lost weight (or at least did not gain 😊)
- If you are going to a tropical island, I'm always willing to come along!