

"The Difficulty lies, in finding out an exact Measure; but eat for Necessity, not Pleasure, for Lust knows not where Necessity ends." -Benjamin Franklin, "Poor Richard's Almanack"



AVOID UNINTENTIONAL HOLIDAY BULKING (OR HOW TO WIN WITH FOOD AND NOT ALIENATE YOUR FRIENDS AND FAMILY)

When it comes to effective nutrition practices, we tend to value exactitude above all else, taking control over every aspect of your nutrition as the means to success. Counting calories and macros, basing your diet around how the body processes different types of food, being as techni-

cally accurate with your nutrition as you are with your strength programming, you have many levers to pull when your nutrition is tightly controlled.

Nobody wakes up one day with these habits built into their routines. They take time

to build, practice, tweak, and learn from a good deal of trial and error. Meanwhile, life goes on.

The holidays come around (or a birthday, a wedding, an anniversary, a Friday), and suddenly, any thoughts of sticking to your careful eating plan go out the window. You

There is a difference between moderation for the sake of moderation and an effective strategy that helps you stick to your nutrition goals without having to carry around your own egg whites and a food scale.

set fire to your good habits, blow past moderation, and crash headlong into “I’m bulking for winter.” Nutrition tends to be one of those things that we are either 100% all-in or failing hard.

Keeping in mind that exact nutrition habits take time to build, most of us can use a fair amount of moderation while we figure our nutrition out. Moderation isn’t a cop-out, and it isn’t as simple or as harsh as denying yourself all the foods you love. There is a difference between moderation for the sake of moderation and an effective strategy that helps you stick to your nutrition goals without having to carry around your own egg whites and a food scale.

Nutrition Advice from an Expert

It takes an expert to parse out these differences and give us sound advice. For that, we turned to Jeremy Partl, Registered Dietitian with Barbell Logic. Jeremy currently practices in a clinical role as a Renal Dietitian. He has a background in sports nutrition, having held multiple certifications and cre-

dentials including being a Certified Strength and Conditioning Coach from the National Strength and Conditioning Association, Certified Sports Nutritionist from the International Society of Sports Nutrition, and a Precision Nutrition Level 1 Certified Coach. Jeremy takes his vast technical knowledge and boils it down (so to speak) to bite-sized portions of actionable information. He has given us these tips for eating and cooking your way through the holidays:

Portion Control Tips:

- Eat until satisfied, not stuffed. You shouldn’t feel like you need to restrict yourself from the foods you love. Instead, enjoy these foods but avoid wasting room on your plate with other foods you know aren’t your favorites. If there are multiple dishes you’re wanting to try, take them home for leftovers and spread it out throughout the week. You don’t need to try all 10 side dishes or three desserts in one day.

- Slow down and enjoy the food. This may be the one time all year you eat a lot of these dishes, so savor the flavor. Enjoy eating slowly and enjoying socializing. Slowing down gives our brains the time they need to assess when we’re full.

- Fill at least a quarter of your plate with

vegetables, and stay hydrated by drinking plenty of water along with your meal.

Baking/Cooking Tips:

- Reduce Sugar – Simply use less or try substituting with a better alternative like date sugar, 100% maple syrup, blackstrap molasses, honey, or coconut sugar. When it comes to the healthiest “natural sugar alternative,” the best option is...LESS! Truth is, none of these foods are going to provide you with near as many antioxidants & nutrients as natural sweet whole foods like fresh fruit. You’d have to eat at least 1/4 cup to reap the benefits of most of these sweeteners, which is WAY more sugar than anyone should have in a day. Rather than going overboard on natural sugars, just work towards using LESS overall. In the end, they are all mostly sugar.

- Adding a fruit or vegetable to recipes like zucchini, pumpkin, peaches, or apples can help boost the nutrient profile of tasty treats.

- When a recipe calls for All-Purpose (white) flour, try first subbing at least 1/2 the amount it calls for with whole wheat flour. This will make for a slightly denser product, but will boost the fiber and nutrient content. Other great substitutions include oat flour, coconut flour, or almond meal/flour.



-For a lower fat, lower calorie, higher protein option, swap sour cream or cream cheese for Greek yogurt.

-Use pumpkin puree, a mashed banana, avocado, or Greek yogurt to Moisten Baked Goods.

-Add a few tablespoons of chia or flax seeds to boost the omega-3 and fiber content in baked goods.

Additional Tips:

-Start with Fruits and Veggies – Start with vegetables, fruits, and/or a salad on your plate to help ensure you're getting the fiber, vitamins, and minerals that are beneficial for optimal health and digestion.

-Provide a Simple Side – if salad, vegetables, or fruit isn't normally a part of your holiday meal, make a simple side dish this year, that way you know there are good options.

-Utilize Herbs & Spices – Using herbs, spices, and salt-free seasonings are a great way to reduce sodium while providing tons of flavor. Some fall favorites include allspice, ginger, nutmeg, clove, cinnamon, paprika, cardamom, rosemary, and sage.

-Swap Saturated Fats for Monounsaturated – Instead of using butter or margarine, olive oil and/or avocado oil contains antioxidants and can help to lower cholesterol.

-Incorporate Activity – Whether it's running, resistance training, going to a workout class, or competing in an event like the Turkey Trot, make sure to schedule time for exercise. Aiming for even just a minimum of 30 minutes per day will be helpful.

