

# Fat Loss Tips for a Guiltless Holiday

By Dr. Suzanne Gudakunst. © 2008 All Rights Reserved

For more weight loss tips by Dr Suzanne go to <http://secretkeytofatloss.com>



Now that the holidays are here that means tons of yummy sinful foods that will be tempting you. All the hard work that you have been doing to lose the weight does not have to be effected just because of the time of year. And you should not have to feel deprived in any way possible.

By following these *simple tips* that I am sharing with you, there should be no problem with you maintaining your current weight or even *losing weight!*

Instead of the holidays being a time of “guilt” they will be a time of excitement. You should be able to enjoy the holidays and eat whatever you want without regret.

You should take after this kid! He knows how to enjoy the holidays.

## Holiday Fat Loss Tip •1

By the time the holidays have arrived you definitely already have an exercise routine that you do on a daily basis. The key to keeping to that is trying to maintain the schedule as much as possible. You need to exercise any time you can!

For example, if you usually do 30-45 minutes of cardio a day then you should try to do at least some type of exercise no matter what it is.

Even if it is only 10 minutes of light walking, jogging in place at your desk on break or as simple as parking a little farther from the party. You can even choose to walk the stairs instead of riding in the elevator.

Habit is everything! Every extra calorie you burn counts!

- The average person gains only 1-3 pounds of weight during the holidays, while an *overweight person* gains 6-10 pounds normally. If you have to get up 15 minutes earlier to get that little extra time for some cardio just do it. It will be worth losing those extra minutes of sleep.

## Holiday Fat Loss Tip •2

Never go to a function *famished*. You are asking to gain 10 pounds this holiday if you do that. Never, never, never, go to any party on an empty stomach! I know you have had the experience of going grocery shopping starving, what happens?

You buy every unhealthy thing possible! Same thing happens at a party, but the only difference is most of the foods are twice as unhealthy. Which means twice the weight gain and you do not want that.

A secret that I have used before works wonders with the ability to control not overeating and stopping the cravings.

- Drinking a cup of green tea and one ounce of almonds before the party helps control your cravings amazingly.

The fiber from the almonds helps reduce your appetite while the little caffeine that is in the green tea keeps you alert and full of energy at the party.

Prevention is always key! It is easier to prevent from gaining weight than trying to burn it off after the fact. This is much harder.

Do not skip meals during the holidays to be able to splurge later; those splurges will cost you big time. It is better if you can eat a small meal 1-2 hours before to help control your appetite.

By doing this tip it can save you from overeating at whatever function that you are at.

Just do this before you go and it will *decrease* the *cravings* by at least 60%.

### Holiday Fat Loss Tip •3

One of the major obstacles with holiday eating is portion control. If you can keep this under control you can eat even the desserts and not gain weight.

How you can accomplish this is by implementing the  $\frac{3}{4}$  *portion strategy* when going to the buffet table or just even having a nice family dinner at home.

The key is to fill your plate up with  $\frac{3}{4}$  of lean protein and fresh vegetables and the remaining  $\frac{1}{4}$  of the portion should go to your indulgences whatever that may be. So you do not feel “unsatisfied”.

Another way to make this a guiltless holiday and enjoy whatever foods you like is to do what I call a “trade off”.

So let us say you want to drink a cup of eggnog. This is something that we do not drink normally, only during holidays.

So you would trade off: 2 cups of eggnog = no dessert  
1 cup of eggnog = 1/2 dessert

You can do this with any food or beverage that you really want to experience without feeling guilty.

### Holiday Fat Loss Tip •4

Food diaries are very important for the holidays. This gives you a tool to be able really to take control of your food binges so you will not gain that extra weight.

You can see what exact combinations of foods that you eat or do not eat that send you into a “4000 calorie binge”.

Find out your problem spots. For example, if when you drink too much wine you crave chocolate and cakes.

This way you figure out your weakness and then avoid them.

Also, if you are hosting the party and you have tons of leftovers which tempt you later on, you actually give your guest "goodie containers" full of the desserts, cookies, and anything else that you know will be calling out your name every night until you have completely devoured every last morsel!

This food diary will actually give you the capability of either maintaining your weight or even losing weight during the holidays!

For more weight loss tips by Dr Suzanne go to <http://secretkeytofatloss.com>

## Holiday Fat Loss Tip •5

Holidays are all about the food. So instead of avoiding it you can make healthy alternative food choices. It is very good to bring your own dish(s) to the party because you know exactly what is in it. There will be less guilt when devouring food that tastes great, but has half the calories of the other dishes.

Here are some alternative baking ingredients:-

### **Sugar**

- ✓ Use dried fruit
- ✓ Sucranat (natural cane sugar)
- ✓ Honey
- ✓ Dates
- ✓ Raisins for natural sweeteners

### **Fat**

- ✓ Use smaller of amounts of olive oil
- ✓ Use applesauce
- ✓ Use Canadian Bacon, turkey bacon, smoked turkey, lean meat
- ✓ Replace cream with fat free half and half
- ✓ Use 2 egg whites for each whole egg
- ✓ Use low fat cream cheese
- ✓ Use yogurt instead of sour cream

### **Whole Grains**

- ✓ Use wheat flour or barley flour instead of white flour

### **Making healthy gravy is easy:**

- ✓ 1 can of reduced fat cream of celery soup
- ✓ ¼ cup of evaporated milk
- ✓ ½ tsp. of poultry seasoning

This recipe alone saves 5-6 grams of fat per serving

## Holiday Fat Loss Tip •5 cont.

### **Making healthy Green bean Casserole:**

- ✓ Cook with fresh green beans with potatoes.
- ✓ Use fat free half and half instead of cream soup
- ✓ Top with slivered almonds instead of French fried onion crisps

Just by substituting for healthier ingredients you can save up to 75 grams of fat and over 800 calories per meal.

Not all of the holiday foods are bad for you. Especially, if you prepare them healthy they actually are considered “superfoods” which are packed full of nutrients.

### **Turkey**

- ✓ Low in cholesterol
- ✓ Low in saturated fat
- ✓ High levels of folic acid which helps protect against cancer, birth defects, and heart disease

### **Cranberries**

- ✓ Full of antioxidants which fight off disease
- ✓ Vitamin C and Vitamin E
- ✓ Decreases the risk of heart disease and cancer

*Cooking Tip- Use fresh cranberries. Put them in a pan with a little fruit juice and boil until they “pop.” Reduce to a simmer for a few minutes.*

### **Pumpkin**

- ✓ High in fiber (which is good for colon health)
- ✓ High in beta-carotene
- ✓ High in Vitamin C
- ✓ High in potassium (which helps combat sodium)

### **Peas**

- ✓ Source of fiber (soluble and insoluble)
- ✓ Choose the fresh or frozen (less sodium)

### **Sweet Potato**

- ✓ High in antioxidants
- ✓ High in beta-carotene
- ✓ High in fiber

So do not let the holidays get you stressed or guilt ridden there are plenty of ways to enjoy all of the sinful foods without the guilt.

If you follow even half of these tips you will be sure to make it through another holiday without the added bulge and have fun while doing it.

Yours in health,  
Dr. Suzanne Gudakunst

© 2008 All Rights Reserved

For more weight loss tips by Dr Suzanne go to <http://secretkeytofatloss.com>