

Wisconsin Wrestling Minimum Weight Project

Holiday Nutrition



Food is a very important and positive part of celebrations and holidays. Sometimes food becomes too important. Some holidays seem like only a chance to “pig out” on rich foods and sweet desserts. Many people assume that they will gain weight during the holidays since they plan on overeating.

Holiday Tips

- ◆ Remember, there are many holiday celebrations and many opportunities to enjoy the same foods, so you won't miss out **forever** by not indulging in all of the goodies in one particular occasion.
- ◆ When you anticipate a high calorie dinner, eat less for breakfast and lunch. Don't skip them though because that only undermines your self control later.
- ◆ Avoid getting overtired since fatigue lowers your dietary self control. If you're tired, rest or take a nap. Don't sit around eating in the hope that food will restore your energy.

Holiday celebrations should be fun. They don't have to include rich foods, over-indulgence and all of the other consequences. Nor does it mean that you have to cut out all of your holiday food. Holiday celebrations can include healthful meals that are not excessive in salt, sugar, fat or calories. Calorie listings on the back of this page will help you make healthy food choices during the holidays.

Holiday Meal Countdown

	Calories
4 pieces of fudge	600
3 handfuls of nuts	350
2 deviled eggs	210
8 buttery-type crackers	140
2 slices of cheese	230
6 oz. turkey w/skin	420
Mashed potato (3/4 c.)	165
Candied sweet potato (3/4 c.)	200
Stuffing (1/2 c.)	200
2 ladles of gravy	160
2 Tbs. of butter	210
Green bean casserole (1/4 c.)	50
Cranberry sauce (1/4 c.)	100
1 roll	100
Pumpkin pie	300
Whipped cream (2 Tbs.)	120
Apple pie	350
Ice cream (1/4 c.)	75
Milk (8 oz., skim)	<u>90</u>

TOTAL CALORIES 4,070

Holiday Meal Alternative

	Calories
Fresh fruit	60
Pretzels (1 oz.)	100
Raw vegetables w/lowfat dip	75
4 oz. turkey w/o skin	280
Mashed potato (1/2 c.)	110
Stuffing (1/4 c.)	100
Gravy (1 ladle)	80
Margarine (2 tsp.)	70
Green beans (1/2 c.)	25
Cranberry sauce (2 Tbs.)	50
1 roll	100
Pumpkin pie (w/o whipped cream)	300
Skim milk (8 oz.)	<u>90</u>

TOTAL CALORIES 1,440