

DECEMBER 2022 NEWSLETTER

Nutrition Tips During Holidays, and More on Appetite Increase during Winter time.

Holidays tend to be full of family, friends and food. Whether it's at work, a party or gathering with your loved ones, temptations grow exponentially during such times.

It may be easy to get off track and indulge, but with a little planning and encouragement, you can keep your nutrition in check.



Here Are 10 Short But Very Efficient Tips That You Can Follow, And Advise Others About, Too!

1. Do not skip meals before a feast.

This can increase in hunger, which may lead to overeating when mealtime does arrive.



2. Sleep well.

Sleep deprivation makes it challenging for the body to control its sugar levels, and thus makes you crave more sugar and fat.





3. Move.

Holidays might be a bit crowded and busy but well, try to move as much as possible. You can at least help with some decoration, meal preparation, and walk towards your shopping destinations!

If you usually exercise, increase the intensity or the duration of your exercise just a little bit more during holidays! This will balance out with the increase in holiday calories.

4. Do not forget about your fruits and veggies.

No matter the amount, they are lower in calories, and they fill you up faster than traditional snack foods.



5. Proteins and veggies first!

Concentrate on eating from the protein (meat, chicken, fish) and vegetable part first to help reduce your appetite.



6. Eat what you decide to eat and not what other people want you to eat.

As simple as it sounds!

7. Say no politely.

Sometimes, you feel forced to eat foods because people keep putting it in front of you. Learn to reject politely, or just ask for some to taste later. This is called the “Art of Polite Decline”.

8. Make smart choices

Simply said, your eyes are bigger than your stomach. Always choose the smaller plate, choose fewer carbohydrates like potatoes and bread, take at least 20 minutes to eat to allow your brain time to send satiety signals the stomach. Finally, if you still feel hungry, drink some water and give yourself 10 minutes before you indulge on something else.



9. Mind your alcohol consumption.

Alcoholic drinks have varying levels of calories and get usually mixed with other beverages, which results in high total sugar and add up to high calorie intake.

10. Consider the Hunger/Fullness Scale

If you are starting to move in the “3” or below category and it isn’t time to eat a meal, consider having a small snack to tide you over until mealtime.

Also, leaving the table when you are in category “6” is a perfect time. Continue a conversation or just walk around to give some time for the fullness feeling to settle better.

↑ HUNGER	0	Empty
	1	Ravenous
	2	Overly-hungry
	3	Hunger Pangs
	4	Hunger Just Beginning
↓ FULLNESS	5	Neutral
	6	Just Satisfied
	7	Completely Satisfied
	8	Full
	9	Uncomfortable
	10	Sick



NOW REALLY, WHAT ABOUT THIS INCREASING APPETITE IN WINTER?

It’s very common to feel hungrier at this time of year, and studies support the fact that the average person gains at least 1-2 pounds during winter. There are very good reasons as to why:

1. The Colder Weather.

Colder weather leads to a drop in our body temperature and eating helps to generate internal heat.

2. The decrease in sunlight.

Up to 6% of populations suffer from a type of depression caused by a lack of exposure to light, called SAD or Seasonal Affective Disorder. This affects the level of a brain chemical called serotonin and can induce stress or emotional eating.





3. The food holidays put in front of us!
Needless to say more, we all know that already.



4. Challenging Weather conditions to exercise.

Winter can cut into physical activity but hey, we live in the UAE and winter time is the best time to be outdoors. Let's benefit from this to exercise, increase serotonin levels and control our emotional eating!

Listen up, using the winter season as an excuse to overeat is not ideal!
Here are some effective ways to help you beat — this norm:



1 Stay warm, wear extra layers of clothing.



2 Snack more often, but mind your options.



3 Make winter activity plans.



4 Get a daily dose of Light, rush out before the sun sets early!.



5 Control your intake of seasonal goodies.



6 Spend more time with your close ones, it is a great way to emotionally fill you up!



Let's Entertain You With Some Worldwide

FUN FACTS ABOUT CHRISTMAS & NEW YEAR'S OCCASIONS:

1. "Jingle Bells" was originally a Thanksgiving rather than Christmas song.
2. Christmas decorating sends nearly 15,000 people to the Emergency Room.
3. Candy canes originated in Germany. Worldwide, 1.6 billion candy canes are produced yearly for Christmas.
4. Each year, approximately ten million Christmas turkeys are eaten in the U.K. and 22 million in the United States.
5. Twenty-eight sets of LEGOS are sold every second during the Christmas season.
6. Nearly six million dollars are spent during the holiday season on ugly Christmas sweaters.
7. The most popular New Year's resolution is to exercise more.
8. 80% of New Year's resolutions fail by February.
9. Danish people throw dishes at their neighbors' doors, Spanish people eat exactly 12 grapes, Americans eat 365 black-eyed peas, Estonians eat 7 or 9 or 12 meals, Japanese eat long noodles for longer lives, Greek prepare ring-shaped pastries to indicate the year has come to a full circle.
10. In a single year, the amount of money spent on fireworks nearly doubled to \$1.9 billion from 2019 to 2020, and then jumped to \$2.2 billion in 2021.