

SHED YOUR 10-POUND HOLIDAY!

By

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Gaining 10 pounds during the winter months is not uncommon and certainly not abnormal. Between late October after the Halloween “sugar load” and throughout the food-laden holidays, it is easy to gain 5 – 10 pounds, even if you have continued a regular workout program. If you consumed an excess of 250 calories per day (which amounts to one donut or one candy bar), that would amount to 1750 extra calories per week. In two months, according to the energy equation at 3500 calories per pound of body fat, that would amount to a four pound weight gain. If you cut way back on your regular exercise routine (which could amount to at least 150 calories of energy expenditure per day) that would add another 2.5 pounds to your scale, totaling a net gain of 6.5 pounds.

This weight gain happens so easily because we let down our guard and let in the season to be jolly...so we “fa la la la la la” falter somewhat. Periodically we jump on the scale to see if we have gotten too out of control, but when we don’t see any major threat from the scale showing only small increments of gain, we continue on our road to the fat jeans side of the closet.

Even if you get back on your regular exercise regimen, it is easy to linger in the excess food mode after the New Year and spend an extra month getting back in gear. Our intentions are usually to get back on track on January 2nd, but as a fitness trainer and human being myself, I can tell you most people don't get with it until around the first of February. If you are not careful, this could lead to an additional 2-3 pounds. Thoughts of Spring come to mind and bikini panic sets in at this point in time. By then, the scale starts screaming at you...**STOP OR YOU ARE GOING TO BE SORRY!**

Our best intentions for a holiday health regimen, more often than not, backfire on us. We need to accept our human frivolity and find a livable plan to get us out of the "sugar blues", over the "hump" and back into a clean slate of living again. The following plan is healthfully balanced with appropriate servings from all five food groups and contains about 1500 calories per day. In addition, there is a nutrient ratio of 50% carbs, 25% protein, and 25% fat. This ratio provides high energy, high thermogenesis, and high satiety. Best of all, you won't feel like you are dieting because you are eating normal meals that you create based on the guidelines I have given to you.

The basic plan follows the Guide to Good Eating recommendations given by the National Dairy Council. This guide works the same as the Food Guide

Pyramid (put out by the nutrition industry), therefore your serving allotments are according to the guide standards. However, there is a slight adjustment on grains and proteins to achieve the necessary nutrient ratio to enhance your weight loss efforts.

- Fruits = 2 servings
- Vegetables = 3 servings
- Grains = 4-5 servings
- Proteins = 3-4 servings
- Dairy = 2 servings

The basic daily plan looks like the following:

MEAL	FOOD GROUP	CALORIES (approximate)
BREAKFAST	1 GRAIN SERVING	100
	1 DAIRY SERVING	100-250*
	COFFEE W/ 2 TSP LIGHT CREAMER	20
MORNING SNACK	1 GRAIN AND 1 PROTEIN	250
LUNCH	2 GRAIN SERVINGS	200
	1-2 PROTEIN SERVINGS	150-400*
	2 VEGETABLE SERVINGS	50
	2 TBS LIGHT CONDIMENT	50
SNACK	1 FRUIT	100
DINNER	1-2 PROTEIN SERVINGS	75-200
	1 GRAIN SERVING	100
	2 VEGETABLE SERVINGS	50
	4 TBS. FAT FREE CONDIMENT	100
SNACK	1 DAIRY SERVING	100-250
	1 FRUIT SERVING	100
TOTAL		1525-2200

Obviously, to get 1500 calories per day, you would choose the lower-fat version of the item that shows a range of possible calories...such as protein and dairy choices*. In other words, if you chose a yogurt as a dairy item, you would select Dannon Light versus Dannon Regular yogurt. Females should follow the 1500 calorie guide and males can go as high as the 2200 calorie guide if you are large in size. To do this, you just increase the portion sizes.

An example of a realistic menu is displayed below. You could follow this plan if you like the choices, but the idea of this food layout is to get you to do it yourself and learn to design your own healthy, balanced eating plan.

MEAL	FOOD GROUP	CALORIES (approximate)
BREAKFAST	1 Cup Cheerios	100
	1 Cup Skim Milk	100
	COFFEE W/ 2 TSP LIGHT CREAMER	20
MORNING SNACK	PR Ironman Bar	250
LUNCH	2 Whole Wheat Bread	200
	4 oz. Turkey	150
	1 Lrg. Carrot and ½ Cucumber	50
	2 TBS Light Dressing	50
SNACK	1 Apple	100
DINNER	1 Chicken Breast	200
	1 Small Potato	100
	2 Cups Broccoli	50
	2 TBS. Light Margarine	100
SNACK	8 oz. Dannon Yogurt	250
	1 Banana	100
TOTAL		1820