

Holiday Survival Guide

- Review the concepts from The Four Week Dietary Guidelines Week #3 and #4; below is a recap of the most critical points to follow:
 - Drinking lots of water (bottled or filtered)
 - Exercising at least 20 minutes three times a week (this is especially difficult to do during the holidays but you have to program it in; 20 minutes is not a whole lot of time and yet you will feel refreshed and able to eat that “extra” dessert at the holiday party knowing you had previously burned a few calories a head of time)
 - Limit intake of rice, bread, pasta (one medium serving max) every 3 to 5 days
 - For example if you ate rice on Monday, please do not eat a bread or pasta for at least 2 days; one serving only
 - Pay attention to how you feel
 - Do you have foggy brain
 - Are you not eliminating well
 - Low energy immediate or shortly after eating
 - Upset stomach
 - If there is a food you have not eaten in a while and it is present at the holiday party eat it in moderation; if you eat in excess more than likely you will have an upset stomach later on in the day
- What is your weakness? What do you crave?
 - Whatever food you absolutely positively crave make sure you “Set A Limit”
 - For example if alcohol is your weakness, than set a limit to 2 or 3 drinks and for every drink, consume a glass of water
 - For example if sugar is your weakness, than set a limit to 2 or 3 small desserts for the night
- What should I do before a party or holiday event?
 - Make sure you have eaten that day; do not go to an event starved you inevitably will eat more
 - Drink at least one to two glasses of water before you go to party; you will feel fuller on the food you initially eat and stay hydrated
 - If gluten or sugar sensitive, it is highly suggested to eat none or the smallest quantity possible to avoid stomach upset and feeling lousy that night or the following day
 - Exercise before your event if possible; program this into your day so you can not feel guilty eating a few desserts or drinking a few glasses of alcohol
 - Review in your head your personal dietary intake limits to prevent deviating

Happy Holidays from Back in Action Chiropractic!