



Holiday Nutrition Guide

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'Tis the season to be... healthy! Starting at Thanksgiving and continuing through Super Bowl Sunday, parties and family gatherings occupy our calendar more than any other time of the year. Foods, many of them heavy in fats and sugars, are an important part of the holiday season. Follow these tips for success in surviving “the season of indulge.”

Start the Day with Breakfast

Even if you are not really hungry early in the morning jump-start your metabolism with a healthy breakfast to give you energy for the rest of the day.

Breakfast should consist of whole grains and fruits. A small amount of protein (yogurt, egg whites or peanut butter) can also keep you satisfied until lunch.

Avoid too many Sugars

Holiday desserts are almost always heavy on sugars and fats. Consume healthy carbohydrates (whole wheat or multi-grain breads, brown rice, sweet potatoes, pasta) on a regular basis to keep up muscle glycogen stores. Include a mini-meal before practice to help “top-off” your muscle carbohydrate stores.

Avoid extra sports drinks, gels and energy bars until your training routine returns to normal after the holidays.

Eggnog is no Thirst-Quencher

Water logged? Not quite. Although swimmers spend workouts surrounded by fluids, they too are at risk of dehydration. Soda and eggnog are not appropriate choices for training athletes. Focus instead on drinking water and eating five or more servings of fruits and vegetables per day to keep your body well-hydrated.

Unfortunately, thirst is not a good indicator of hydration. When well-hydrated, urine is pale yellow and does not have a strong odor. Make sure you are drinking enough water to meet these guidelines.

To Snack or not to Snack

Eat a healthy snack before heading out to a party. Whole grains, fruits, vegetables, low-fat dairy products, lean meats and nuts supply the body with proteins, vitamins and minerals. Volunteer to bring something to the party. That way, you'll know at least one food will be a healthy choice. Nibble on smaller portions while at the party and choose small plates. Your intake will be smaller and you can focus on socializing rather than over indulging.