



HEALTHY HOLIDAY EATING

节假日健康饮食

life  beats

lyondellbasell

HOLIDAY WEIGHT GAIN 假期增重

The holiday season is a time to celebrate with family and friends. Unfortunately, it also can become a time for over-eating and weight gain.

假期是家庭或朋友聚会的时间，不幸的是在假期也容易 过量饮食而使自己增重。

According to the US National Institutes of Health, holiday eating can result in an extra pound or two every year. The bad news? Most people don't ever lose that extra weight. Over a lifetime, holiday weight gain can really add up!

据美国国家健康研究院报告，节日进食可导致每年增重两磅。坏消息是大多数人永远不能减掉这两磅。人省一辈子假期的过量饮食确实叠加了不少体重！



BE REALISTIC 现实一点



No one wants to be on a strict diet during the holidays, so don't schedule the holidays for a time to lose weight. 没有人愿意在假期期间严格的控制饮食，因此不要安排在假期的期间来减肥。 Instead try to focus on maintaining your current weight. 而是把注意力放在如何维持目前的体重。

- If you overeat at one meal go light on the next 如果一顿吃的过饱，下一顿就少吃点
- It takes 500 calories per day (or 3,500 calories per week) above your normal / maintenance consumption to gain a pound. 每天500卡路里的热量（或每周3500卡路里）高于正常的活动所需要的能量，体重就能增加一磅。

PLAN TIME FOR ACTIVITY 规划活动的时间

If you can't make it to the gym, create a new holiday tradition! Plan group activities with family and friends that take the focus off of food.如果你不能常去健身房，创建一个新的传统节日！计划家人和朋友一起进行活动，让大家把注意力不要放在食物上。

- Go on a Walking Tour to See the Decorated Homes in your Neighborhood 出去走走看看你家周围的周围的风光。
- Have a Dance Off! 跳跳舞
 - The best holiday parties always involve dancing! 好的节假日派对一定离不开跳舞
- Go Caroling 去参加圣诞晚会
- Play Games 玩玩游戏
- Tell Stories 讲讲故事



DON'T SKIP MEALS 不要跳过膳食

Don't save up calories just to overeat at gatherings.

不要储存卡路里尽量去参加聚会。

- Before leaving for a party try eating a light snack like raw vegetables or a piece of fruit to curb your appetite!
- 临走时尝试吃小吃像生蔬菜或者一个水果，以遏制你的胃口！
- Drink a glass of water before lunch and dinner
- 午餐和晚餐前喝一杯水



BE A FOOD SNOB做一个食物的行家



Buffets give an “all you can eat” vibe but if you don’t love it, don’t eat it!自助餐给出一个“吃到饱”的氛围，但如果你不喜欢它，不要吃了！

- Choose your favorite foods and skip your least favorite.选择你最喜爱的食物，并忽略你最不喜欢的。
- Try to include vegetables and fruits to keep your plate balanced.尝试蔬菜和水果，以保持你的盘子中荤素的平衡
- Go light on the fatty foods. 少食脂肪
- If drinking alcohol, alternate drinks with water.如果饮酒，用水替代。

LIMIT THE VARIETY限制各种。。。。

Variety stimulates appetite, so try putting only a few of your favorite items on your plate when you go to the food table.

如果对很多东西有食欲，去食台上，尝试把几个你喜欢的物品你的盘子里。

- You can always go back for seconds, but try resisting the urge by waiting at least 20 minutes. This will give your brain time to register that you are full.您可以随时重新去取食物，但尝试通过至少等待20分钟来抵制冲动。这会给你的大脑的足够的时间来想想你是否饱了。
- Still hungry? Eat more vegetables, drink water, and try taking only two items if you go back for seconds.如果仍然饿，尽量多吃的蔬菜，回去再取食物是只去两种



PRACTICE HEALTHY COOKING 进行健康的烹饪

Incorporate some of these simple-cooking tips in traditional holiday recipes to make them healthier:有一些简单的烹饪技巧可以让某些传统节日食谱更健康：

- **Gravy肉汤**

- Refrigerate the gravy to harden fat. Skim the fat off. This will save a 56 gm of fat per cup!冷藏肉汁去除硬化的脂肪。每杯将会减少56克！

- **Dressing/Stuffing敷料/填料**

- Use a little less bread and add more onions, garlic, celery, and vegetables. Add fruits such as cranberries or apples. Moisten or flavor with low fat, low sodium chicken or vegetable broth and applesauce.用少一点面包和增加更多的洋葱，大蒜，芹菜，蔬菜。添加水果，如小红莓或苹果。滋润或风味低脂肪，低钠盐鸡肉或蔬菜汤和苹果酱。

- **Turkey火鸡**

- Enjoy delicious, roasted turkey breast without the skin and save 11 grams of saturated fat per 3 oz serving.享受美味，烤火鸡胸去皮，每3盎司可以减少11克饱和脂肪。

- **Green Bean Casserole绿豆砂锅**

- Cook fresh green beans with chunks of potatoes instead of cream soup. Top with almonds instead of fried onion rings.烧新鲜青豆用土豆代替奶油汤。顶配杏仁代替炸洋葱圈

PRACTICE HEALTHY COOKING 实践健康的烹饪

- **Mashed Potatoes** 土豆泥

- Use skim milk, chicken broth, garlic or garlic powder, and Parmesan cheese instead of whole milk and butter. 使用脱脂牛奶，鸡汤，大蒜或大蒜粉和芝士代替全脂牛奶和黄油。

- **Quick Holiday Nog** 假日快速支撑

- Four bananas, 1-1/2 cups skim milk or soymilk, 1-1/2 cups plain nonfat yogurt, 1/4 teaspoon rum extract, and ground nutmeg. Blend all ingredients except nutmeg and puree until smooth. Top with nutmeg. 四根香蕉，1-1/2杯脱脂牛奶或豆奶，1-1/2杯普通脱脂酸奶1/4茶匙朗姆酒提取物，和肉豆蔻。先混合好别的，最后在上面配上肉豆蔻。

- **Desserts** 甜品

- Make a no crust pumpkin pie. Substitute two egg whites for each whole egg in baked recipes. Replace heavy cream with evaporated skim milk in cheesecakes and cream pies. Top cakes with fresh fruit, fruit sauce, or a sprinkle of powdered sugar instead of fattening frosting. 做一个无壳南瓜饼。用2蛋清替补全蛋。更换蒸发的脱脂牛奶代替鲜奶油用于乳酪和奶油馅饼。顶级蛋糕有新鲜水果，果酱，或糖粉，而不是用脂肪。

HEALTHY HOLIDAY EATING 节假日健康饮食

- Although we may not all gain weight over the holidays, we do tend to eat and drink more and exercise less. 虽然我们可能不会在节日期间都长胖了，我们确实会吃的喝的更多，运动更少。
- Try to implement these healthy tips during the holiday season. Your body will thank you in the end! 尝试执行节日期间这些健康的秘诀。你的身体将感谢你到底!
- Visit this [Holiday Healthy Eating Guide](#), provided by the American Heart Association, to find more ways you can stay healthy during the holidays. 访问这个由美国心脏协会提供的假日健康饮食指南网站，找到更多的方法，你可以在假期保持健康。



Health Living
It's in Your Hands!
Start Today.

