

*Neap.*

Everyone deserves a little couch-time.



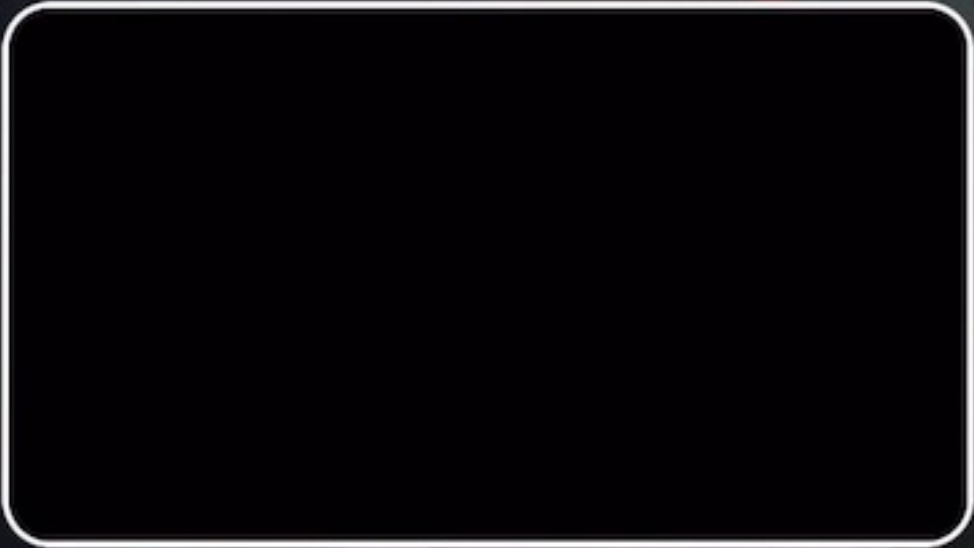
# How to Include Nutrition in Your Holiday Plans

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APOLLO ELEVEN  
NUTRITION BY GABRIELA RIVERA

^ Pull up for precise seeking



0:00

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year+

# Importance of Nutrition



Your daily food choices make a big difference in your health.

# Why is Nutrition Important?

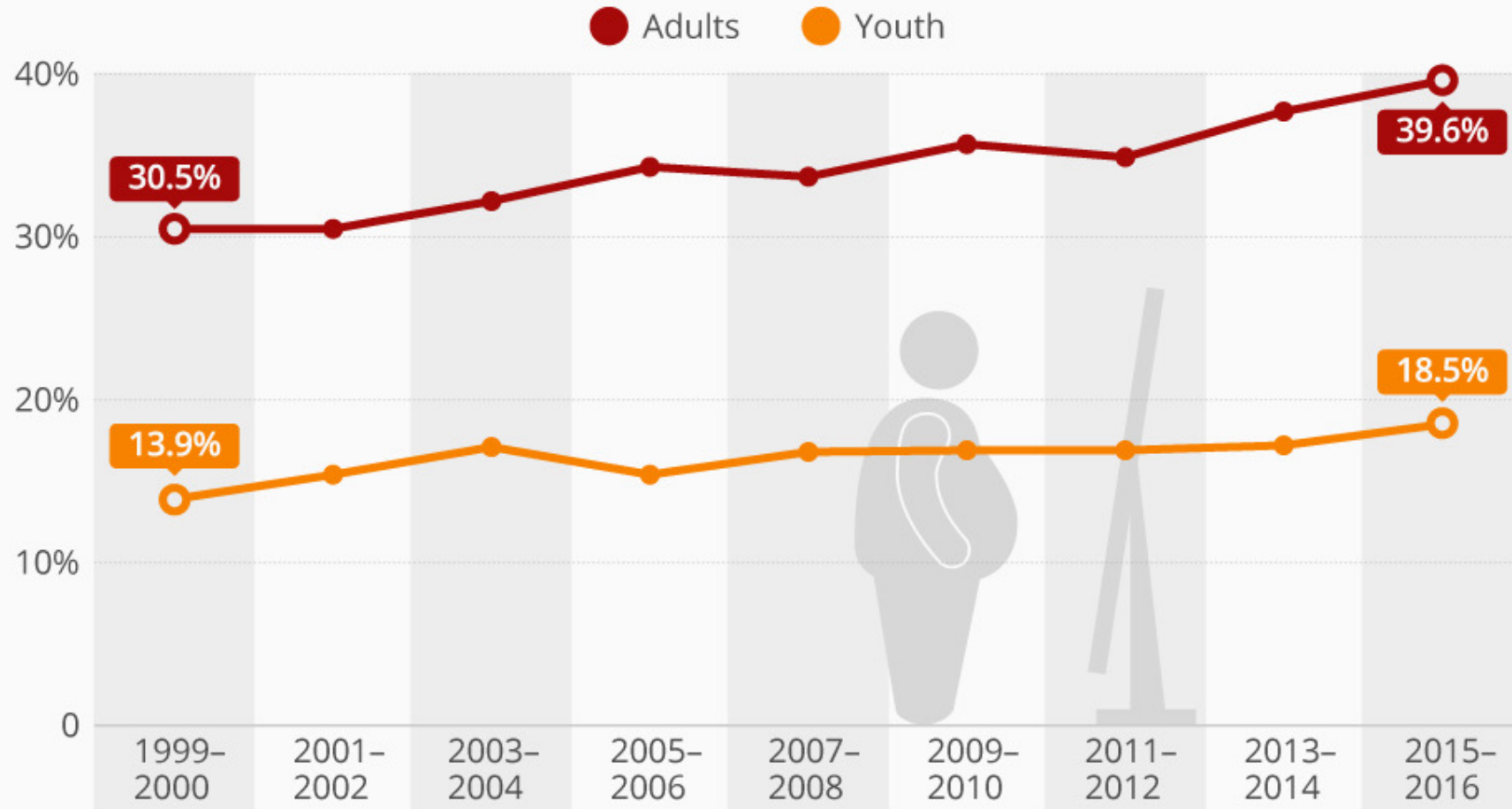
Most people know good nutrition and physical activity can help maintain a healthy weight. But the benefits of good nutrition go beyond weight.

# Good nutrition can help

- Reduce the risk of some diseases, including heart disease, diabetes, stroke, some cancers, and osteoporosis
- Reduce high blood pressure
- Lower high cholesterol
- Improve your well-being
- Improve your ability to fight off illness
- Improve your ability to recover from illness or injury
- Increase your energy level

# America Is Fatter Than Ever

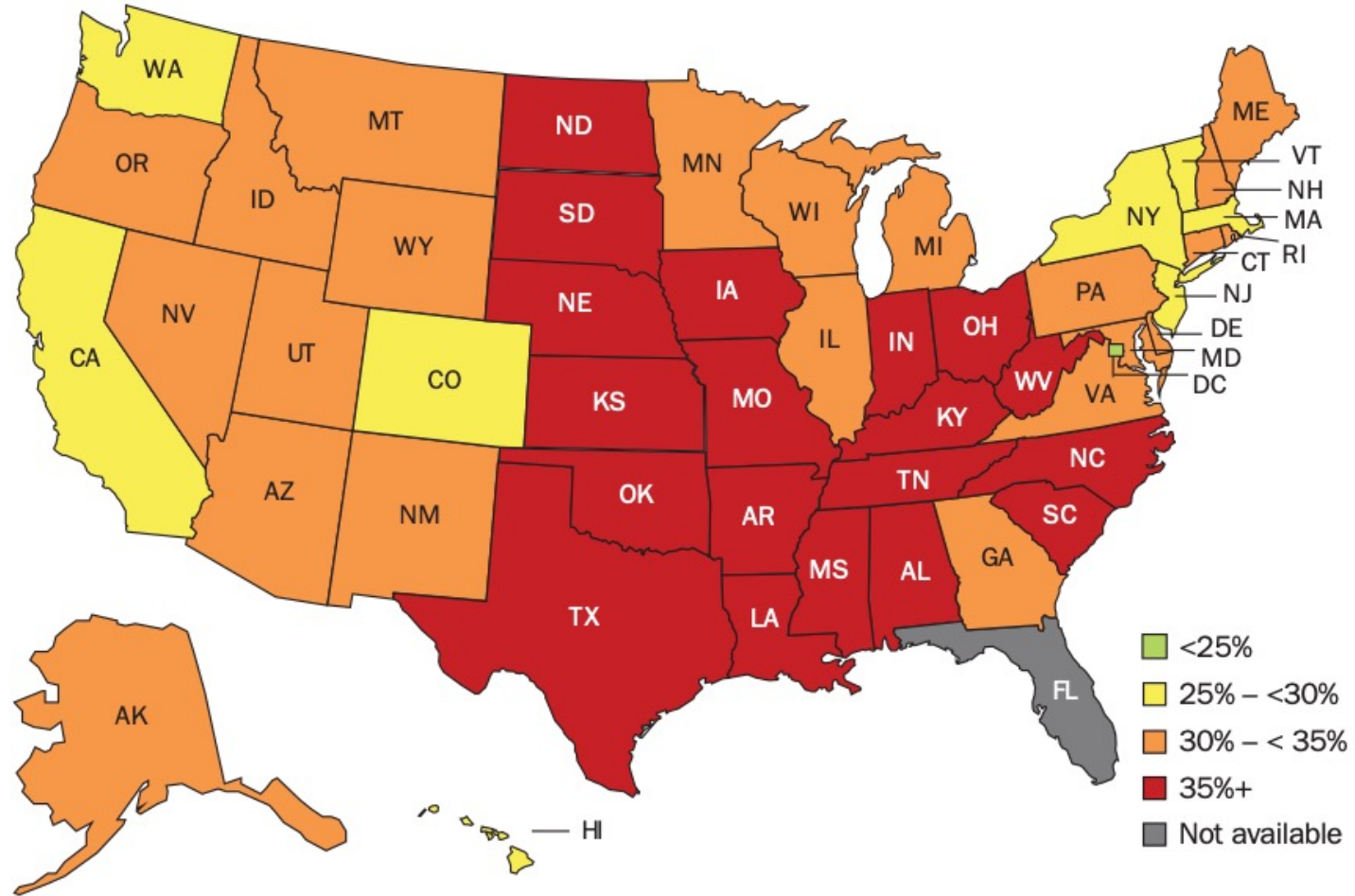
Obesity prevalence among adults and youths in the U.S.\*



\* Adults aged 20 and over and youth aged 2-19 years.  
Source: Centers For Disease Control And Prevention

statista

## Adult Obesity Rates by State, 2021



Source: TFAH analysis of BRFSS data

# Consequences of Obesity

Obesity is the leading cause of death in the United States

(estimated 300,000 deaths result from obesity each year in the US)



# Consequences of Obesity

- High blood pressure
  - High cholesterol
  - Type 2 diabetes
  - Heart disease
    - Stroke
  - Sleep apnea
- Mental illness
  - Body pain



**51%**

of Americans have broken a diet due to the temptation of holiday food



The average respondent expects to gain about

**8 POUNDS**

throughout the season



# HOW HAVE RESPONDENTS WRECKED THEIR HEALTHY LIFESTYLE **OVER THE HOLIDAY SEASON?**



Eaten so much they've had to undo a button on their pants or loosen a belt

**48%**



Eaten more than one of the same meal in a day

**45%**



Eaten until they feel sick, unwell or full to bursting

**39%**



Deliberately worn stretchy clothes to accommodate overeating

**39%**

# NUTRITION





# Our Need for Food

Food affects almost everything we do. It affects how we look, feel, and act. It even affects our abilities – how well we function every day.

# Nutrition & Nutrients

There are **six** types of nutrients

- Carbohydrates
  - Fats
  - Protein
  - Vitamins
  - Minerals
  - Water

# Carbohydrates



Carbohydrates are the sugars and starches found in food. Made up of carbon, hydrogen and oxygen.

Examples of carbohydrates: Breads, cereals, pasta, potatoes

# Fats



Fats are a type of lipid. Lipids are substances that are similar to carbohydrates but contain less oxygen and do not dissolve in water.

Examples of fats: oil, butter, animal fat, nuts, seeds



# Protein



Proteins are made up of carbon, hydrogen, oxygen and nitrogen atoms. Together they form into basic units called amino acids.

Examples of protein: chicken, beef, eggs, cheese

# Vitamins/Minerals



Vitamins & minerals are compounds found in living things and are needed in small amounts for life, growth and to prevent diseases.

\*The body cannot produce most vitamins; therefore, we must supplement through the food we eat\*

# Water



We are 60% water. Our blood is 90% water.  
Water helps our body digest food, eliminate waste, and regulate our temperate.

Each day we lose two to three quarts of water. If not replenished, our bodies dehydrate.

# Holiday Game

Plan





# Plan & Prepare



## Plan & Prepare

1. When is the event happening?  
(lunch, dinner, all day?)



## Plan & Prepare

2. Plan your day according to your event



## Plan & Prepare

### Example: Company Christmas Party – Saturday Evening

- Morning walk before breakfast (movement)
  - Protein rich Breakfast (omelet, protein smoothie)
  - Protein rich Lunch (grilled chicken with veggies)
- All day Hydration

*(at least 48oz water, especially before event)*

**-Enjoy evening event**





# Build The Perfect Plate



## **Build The Perfect Plate**

1. Load up on Protein
2. Choose colorful Veggies
3. Sauces on the side
4. Choose carbs wisely

step  
2

Build The Perfect Plate





**Wait**



## Wait

1. Take your time while eating and chew all of your food
2. Wait 10-15 minutes before getting a second plate

\* It takes about 20 minutes for your brain to send out signals of fullness \*



**Plan & Prepare**



**Build The Perfect Plate**



**Wait**

*eat*  
**THIS**



  
*not*  
**THAT**



© MidgetMamma.com

*eat*  
**THIS**  
👍

👎  
*not*  
**THAT**

**VS**



*neely*<sup>+</sup>





Hummus only has about 50 calories and three grams of fat per serving, which makes it a very nutrition choice versus spinach artichoke.

*eat*  
**THIS**  


  
*not*  
**THAT**



**VS**



rawpixel

*neely*



When compared to stuff meats, a plain steak would be the better option. A 6 oz steak has 42g of protein.

*eat*  
**THIS**  


  
*not*  
**THAT**



**VS**





Pumpkin pie is the winner here. 1 slice is typically about 350 calories. Pecan pie on the other hand is about 620 calories per slice.



*eat*  
**THIS**  


  
*not*  
**THAT**

**VS**





Champagne or a light beer average about 80 calories per serving. Eggnog, creamy martinis or sweet mixed drinks are anywhere between 300-500 calories per serving.

# QUESTIONS?





## ☐ Online:

- ☐ [www.neelyeap.com](http://www.neelyeap.com) company page
- ☐ Live CONNECT
- ☐ iConnect You App
- ☐ Use your company code from benefits flyer

☐ **24/7 Hotline: 866-212-6096**

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# Access Your NEAP Benefits



## HOW TO INCLUDE NUTRITION IN YOUR

# HOLIDAY PLANS

### BE AWARE



Benefits of good nutrition go beyond weight. The average American gains 5–8lbs during the holiday season. Make a plan this holiday season to avoid crash/extreme diets in January.

### REGULAR EXERCISE

Whenever you can, try going for a walk. Remember that exercise doesn't have to be extreme, however, a regular exercise routine is extremely beneficial.



### HAVE A PLAN



1. Plan and eat according to your event.
2. Build your perfect plate.
3. Eat slow and wait 15 minutes before serving yourself a second plate.

### DRINK WATER

Don't forget to stay hydrated! Especially before events/parties. Our bodies lose two to three quarts of water daily. Make sure you replenish to avoid dehydration.



### ENJOY!



Remember that the holidays happen once a year. Enjoy your time with your family and friends and focus on making memories that will last forever.

Happy holidays!

