



November 2015

SAND RUN PHARMACY

5 Common Diet Mistakes Not to Make During the Holidays

With the holidays readily approaching, Sand Run Pharmacy would like to give you a few tips on how to stay on track this year. This is the time of year that many people give up healthy eating and tend to overindulge. Work parties, get together with family and friends, and neighbors bringing over holiday cookies can lead to some bad habits. However, with some smart planning and helpful tricks, the holiday season can be a time to enjoy special foods in moderation while still eating healthfully and not gaining weight.



1. Skipping breakfast and lunch

Many people skip early meals trying to save up calories and use them for the big holiday dinner. Don't do it, you just end up eating more!

⇒ Eat light: include protein and some fiber early in the day. For example:



Eating something before you get to the party will prevent you from being famished when you arrive at your guests' house. Allowing you to eat healthy but also have a small treat. Just remember, it's not your last supper!

2. Wearing loose-fitting clothes

Pay attention to which kind of clothing you're going to wear to the party. Wearing loose-fitting clothing maybe comfortable, however can make it easier to overeat. Instead, try wearing:

- ⇒ Wear pants with a belt
- ⇒ Form fitting skirt
- ⇒ Snug skinny jeans

These types of clothing will signal that you've had enough to eat.

3. Overestimating Burned Calories & Underestimating Calories Consumed

Exercising is a great complement to dieting. However, it is easy to overestimate the calories you have burned.

For example:

- ⇒ Running for 30 minutes, burns 300 calories= 1 cup of eggnog
- ⇒ Walking for 1 hour, burns 415 calories= 1 slice of pecan pie



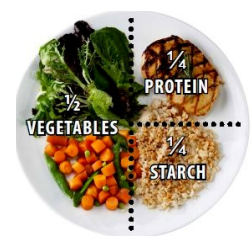
Continue to exercise, since it will help you keep on track, but don't assume you can eat everything in sight. Make one pass of the table, and be choosy. If something doesn't taste its worth in calories, there is no need to finish it. Just remember, it's all about balance and don't forget to pace yourself.

4. Starting a diet and banning all treats

Starting a diet around the holiday season is **not** the time to start, especially because you'll ban all of your favorite foods. The holidays are full of fattening treats, from eggnog to butter-filled cookies. Denying your trigger foods can lead to overeating. Here is a helpful tip to prevent that:

- ⇒ 1 starch: 1/2 cup of rice, stuffing or sweet potato = 1/4 of your plate
- ⇒ 1 sweet: one small piece of your favorite pie or dessert

Just remember portion control! Pick your treats, but also set limits so you can enjoy yourself as well as the holiday goodies.



5. Consuming Alcohol

While it is unrealistic to say that you will not have a drink at the holiday party, look forward in having a drink with dinner. Enjoy a glass of wine or your favorite cocktail with the meal.

Drinking early on leads to overeating, which then leads to having several drinks

If you're trying to stay fit over the holidays, limiting your alcohol consumption is a must. Unfortunately, drink calories can add up. Be smart and enjoy your holidays!





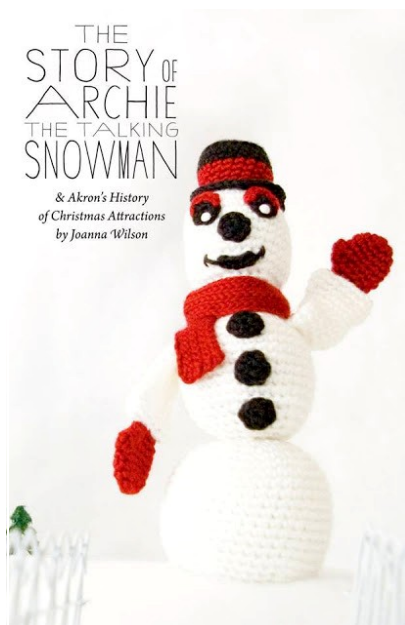
Holiday Hours:

Wednesday, Nov. 25th: 9 am to 7 pm

Thursday, Nov 26th: CLOSED

Friday, Nov 27th: 9 am to 7 pm

Saturday, Nov 28th: 9am to 2 pm



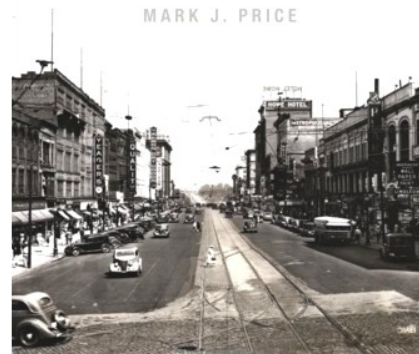
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American Diabetes Month

November is American Diabetes month. American Diabetes Month® (ADM) is an important element in this effort, with programs designed to focus the nation's attention on the issues surrounding diabetes and the many people who are impacted by the disease.



American Diabetes Association.

- ⇒ **Nearly 30 million children and adults in the US have diabetes**
- ⇒ **Another 86 million Americans have prediabetes and are at risk for developing type 2 diabetes**
- ⇒ **Total national estimated cost of diagnosed diabetes in the US is \$245 billion**

Create a Healthy Plate this Thanksgiving Dinner

Try this recipe at your table this year:

Tangerine Cranberry Relish

Ingredients:

- 1 12 ounce package of fresh cranberries
- 2 Medium tangerines
- 1/4 - 1/3 cup of sugar or sugar substitute



- ⇒ Rinse cranberries and discard any soft or old berries; set aside.
- ⇒ Slice each unpeeled tangerine into fifths (remove seeds); add to food processor and process until coarsely chopped, transfer to medium bowl
- ⇒ Add all but 1/2 cup of cranberries to food process until coarsely chopped; then add to bowl with tangerines; stir in remaining 1/2 cup of cranberries
- ⇒ Stir in enough sugar to sweeten to taste; cover and chill for 1 hour before serving. Enjoy!