

Hi everybody, my name is Whitney and I'm here again with the Food For Thought column. I wanted to record a video for you guys this time because I think it's been a while. So I'm sitting here in my room, and for the record, I'm currently subletting and I did not paint the walls this color. So anyways, back to business. I guess I just wanted to touch on the holiday season as we go into it, so maybe we can sort of strategize together or I can get some comments and feedback as to what you find is the most difficult.

First of all, I think it's really great to enjoy seasonal foods. There are plenty of fruits and vegetables and items available in the grocery store that are best right now. I know a few weeks ago, probably about a month or so ago, I had done a post about seasonality and there was a chart with that, so you could certainly print that out and go pick up pomegranates and figs and eggplant and squash, and you know, really enjoy cooking a lot of those foods since they're ripest right now, bake your apple pies and whatnot. So that's one way to really enjoy the holiday season.

And I know that weight gain around the holidays becomes an issue for people because there are so many obligations -- going to parties, cooking more, bigger family dinners, the wine is always flowing. So one way to tackle that is to really become diligent about your diet starting in October and November and taking preemptive action against any sort of weight gain. That way if, you know, you lose a few pounds going into the holidays, you'll feel a little bit more comfortable come January 1st when you realized you gained that weight back.

A good strategy is to team up with a partner, maybe a friend or a family member and just sort of keep each other in line going into the holiday season. When you have somebody else holding you accountable for your actions, it's really a good thing. So team up with somebody and try and get the exercise in there, even though it's cold out and focus on eating healthfully going into the holidays so that when you do have those family meals you're not depriving yourself, you're enjoying time with family and friends and you're relaxing.

So I just wanted to raise those couple of issues. I know that that's not a ton of nutritional information but I think that it's about the bigger picture of the holiday season, you know, people get worked up over a few pounds here and there and that's not what it's about, it's about enjoying the holidays, and so I think that trying to enjoy seasonal foods and healthful foods, you know, cooking with a little bit less butter and cream or choosing the healthier recipe, because, you know, that will help you in the long run, and I think that those are some good strategies to sort of employ day in and day out.

Please submit questions or feedback because if there are some things that are really bothering you like maybe there is a staple in your household that you can't figure out how to make it healthier or you just can't really think about any food substitutions that might work, just send them in and I'll take a look at them, and I'm happy to provide any feedback that I can, or maybe just making sure that your meals are routine. There are lots of different issues as we go into the holiday season.

Food For Thought: Holidays Video Transcript

So I hope that that was a little bit helpful for you. I just wanted to touch base and please submit questions or comments. I'm happy to look into things for you, so here's to a healthful holiday season, and Thanksgiving is coming up in a few weeks, and here's one incredible fact, the average American eats up to 8,000 calories on Thanksgiving Day, between the items being cooked with pretty heavy ingredients and between eating more, taste testing, the liquid calories. So it's pretty incredible to think that on average people probably quadruple their intake. But so it goes, it's only one day a year, right.

I hope everybody has a happy and healthy holiday season. Just leaving you some food for thought.