



DYNAMIC AGING

Holiday Eating

Ah! The holidays! How do we balance it all? Special times with friends and family, holiday meals, rich desserts. There seems to be an endless supply of cookies, fudge, and candies to munch on!

So, how do we manage during the holidays? My personal recommendation: don't even try to lose weight, just maintain where we are!

Knowledge is power. When it comes to appealing treats, let the calorie and fat count help you decide your indulgences! The examples below illustrate that all pies, donuts, and ice cream are not necessarily equal. Keep in mind that 1 gram of fat = 9 calories. So, to calculate the number of calories from fat, just multiply the number of grams x 9. For instance, the slice of sweet potato pie illustrated below is 13 grams x 9 = 117 calories of fat. Since the whole slice totals 243 calories, the percentage of fat is 48%. Similarly, the pecan pie also contains 48% fat (27 grams x 9 = 243 calories of fat), but weighs in at twice the total calories! To put this in perspective, 500 calories are about 25% of an average person's total calorie requirement for the whole day.

- Slice of Homemade Pie
 - Sweet potato pie: 243 calories, 13 grams fat
 - Apple pie: 411 calories, 19 grams fat
 - Pecan pie: 503 calories, 27 grams fat
- Scoop of Ben & Jerry's (1/2 cup):
 - Cherry Garcia: 250 cal, 15 g fat
 - Chubby Hubby: 330 cal, 21 g fat
 - Peanut Butter Cup: 380 cal, 26 g fat
- Dunkin' Donuts Snacks:
 - Boston Kreme doughnut: 240 cal, 9 g fat 20
 - Chocolate Frosted Cake doughnut: 360 cal, 20 g fat
 - Chocolate Chip Muffin: 590 cal, 23 g fat
- Lay's potato chips: 150 cal, 10 g fat
- 2 cups french fries: 590 cal, 31 g fat
- 11 onion rings: 900 cal, 64 g fat

An occasional splurge should not affect your waistline, especially if you maintain your exercise. If you haven't picked up a copy of the Senior Health Guide, which lists local exercise programs designed especially for seniors, please let me know and I'll get it right out to you!