

HAPPY HOLIDAYS

Avoid Emotional Hunger to Beat Holiday Weight Gain



In the midst of the holiday season, there are two guarantees: emotions will be high, either because of relationships, stress, sadness or a combination of factors, and there will be A LOT of food...everywhere you go!

Everyone responds to stress and the high emotions of the holidays differently, and one habit we want to avoid is feeding those feelings with food, otherwise known as emotional eating. Emotional hunger is sudden and urgent and is hunger for a specific comfort food. For example, after a stressful phone call with a relative, all you want to eat is a bag of potato chips, even though you weren't hungry prior to the phone conversation.

Here are a few tips to avoid overeating when the holiday emotions pile up:

Rate your hunger. Before you reach for that cookie or extra glass of eggnog, rate your hunger on a scale of 1-10, with 1 being "famished" and 10 being "uncomfortably full." If your hunger is a six or more, you may be eating for emotional reasons.

Write it down. Keeping a food log or food diary, especially during stressful times, can help curb emotional eating. Along with writing down the food you eat, also write the portion, time of day, and emotion you were feeling before you started eating. This is a particularly helpful tool if you're not sure if you are an emotional eater; seeing it in black and white can help pinpoint triggers.

Know your trigger foods. During stressful times, it's important we limit our access to trigger foods (foods that cause us to overeat). Our willpower is finite, so it's best to leave those leftovers at the potluck or on the shelf at the grocery store, and just say 'no' once instead of risking overeating later.

Stock up! We want to ensure we do have access to healthy snacks if we are physically hungry, so purchase perishable and non-perishable healthy options to have on hand when physical hunger strikes! These snacks should be nutrition boosts, so stock up on fruits, vegetables, low-fat yogurt or cheese, or low-sodium nuts and seeds.

Seek professional help. There are resources at the installation-level to help you overcome emotional eating. The Behavioral Health Optimization Program at the Medical Clinic can help you manage stress and emotions without reaching for a snack, and the Health Promotion office can help you build an eating pattern that will allow you to meet your goals and still enjoy the holiday season!

Avoid Emotional Hunger to Beat Holiday Weight Gain. Retrieved from <https://www.spangdahlem.af.mil/News/Commentaries/Display/Article/730508/avoid-emotional-hunger-to-beat-holiday-weight-gain/>



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See calendar on other side to see what is going on this week

Shopping on a budget for the holidays

The holidays can be a time of tight budgets. When it comes to planning and purchasing healthy food during this time of year, a little planning can make a big difference to your bank account.

1. Plan meals each week: knowing what you're going to eat and when can help avoid spontaneous eating out. If you will be sharing meals with others, be sure to plan for potluck recipes too; consider making an extra portion to save for leftovers.
2. Make a shopping list: using a shopping list ensures you do not forget key ingredients and also lessen the chance of holiday impulse buys (e.g. alcohol, candy, cookies, etc.)
3. Know what you have: Before you head to the store, inventory your pantry, cabinets, refrigerator and freezer. Don't forget to also inventory herbs and spices!
4. Collect coupons: Using coupons or downloading the app for the grocery store can add up to big savings!
5. Save with seasonal produce: holiday staples such as apples, cranberries, potatoes, Brussels sprouts, winter squash, and carrots are all in season in December! Prioritize dishes that use these items, as they will be lower cost than out of season produce.

What's in Season for December? Retrieved from <https://www.produceforkids.com/whats-in-season-for-december/>
Shopping on a Budget Infographic. Retrieved from <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/shopping-on-a-budget-infographic>

HeRO Spotlight: Joint Base Andrews Healthy Nutrition Educational Briefings



After meeting with 11th Security Forces Squadron Commander, the Health Promotion Coordinator at JB Andrews created a HeRO schedule that aligns with his priorities. This includes Healthy Nutrition, which was the focus for the month. Health Promotion organized four HeRO education classes on the topic of “Nutrition for Healthy Outcomes.” JB Andrews’ Registered Dietitian spoke with the Airmen about how to eat healthier and how to make smart dietary choices that can help with both their physical and mental performance. The sessions were informative, fun, and the Airmen got to sample delicious, healthy food options.

The classes were well attended with a total count of 168 Airmen and the information was well received with both positive and constructive feedback. The Airmen appreciated the information surrounding fad diets and the salad demonstration, and expressed interest in participating in a future hands-on cooking demonstration.

To help the 11 SFS Defenders adopt healthier eating behaviors, each Airman in attendance was given a healthy eating cookbook and other healthy promotional items, such as on-the-go salad containers and fruit stress balls.



A demonstration on how a rubber band works the glutes

Got questions on other health issues related to sleep health, physical activity, tobacco, or nutrition? Share them with us and we will help you “Bust The Myths!” Send your questions to usaf.jbsa.afmsa.mbx.hpo@mail.mil. Make sure to include in the subject line “Health Myth Buster.” For more online health tips visit the Air Force Health Promotion webpage <https://www.airforcemedicine.af.mil/Resources/Health-Promotion/>

Community Events

HERE'S WHAT'S GOING ON WHERE YOU LIVE

Your Local Health Promotion Office



Contact:
Phone:
Email:

Monday	Tuesday	Wednesday	Thursday	Friday