

# Are You Ready for the Holidays?

Here is a fun quiz you can take to see how much you know about avoiding weight gain during the holidays!

- How many excess calories does it take to gain one pound?
  - 1500
  - 2500
  - 3500
  - 4500
- Skipping meals is a good idea to conserve calories.
  - true
  - false
- How many grams of fat will you avoid eating by removing the skin from a 3-ounce serving of turkey breast?
  - 1
  - 4
  - 6.6
- What does a 3-ounce portion of turkey look like in relation to size?
  - deck of cards
  - one set of dice
  - man's shoe
- These holiday treats are fun to bake, but can really add up in calories because it is hard to eat just one. (Fill in the blank.) \_\_\_\_\_.
- According to the American Institute for Cancer Research, you should fill up about 2/3 of your plate with:
  - plant foods such as whole grains, beans, vegetables and fruits.
  - lean meat or fish
  - dessert
- Eating plenty of (fill in the blanks) \_\_\_\_\_ and \_\_\_\_\_ will help you eat less fat and more fiber. You will feel fuller on fewer calories.
- According to the National Weight Control Registry, people who lost 30 pounds or more and kept it off for at least a year did one of the following on a regular basis:
  - Exercised
  - Watched TV
  - Followed fad diets.

## Answers:

1) c, 2) b (skipping meals will lead to over-eating), 3) c, 4) a, 5) cookies, 6) a, 7) fruits and vegetables, 8) a.

Congratulations! You know the basics for keeping weight off during the holidays. Increase your activity and moderate the amount of high-calorie foods you eat. Offset the extra calories with more activity.



<u>ACTIVITY</u>	<u>CALORIES</u> Burned / Hr
Standing in line to see Santa	85
Wrapping gifts/writing Christmas cards	150
Building a snowman	160
Dressing for a party (from shower to shoes)	160
Trimming the Christmas tree	160
Preparing a Christmas meal	170
Christmas shopping	175
Christmas caroling	180
Cleaning house (dust, vacuum, mop)	180
Putting up outdoor lights	215
Grocery shopping	240
Dancing at a party	270
Carrying groceries upstairs	545



Cooperative Extension • Family Living Programs

## Wisconsin Nutrition Education Program

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