



Don't Look Like Santa

Every year around this time, I write about the good, the bad and the ugly of holiday treats and drinks. Actually, that not exactly true. I don't write about the good, (because we already know that they taste GOOD, which is why we eat them), instead, I paint the picture of doom and gloom that's sure to ensue if you decide to eat one too many of those holiday delights.

My loving husband says that I am a buzz kill. I prefer to think of myself as the Ghost of Christmas Thinner-Thighs, floating around Delta and spreading good cheer (sugar-free), warm wishes and a reminder that after the party is over, you will still be in that body that has been having such a great ol' time during the month of December. So, what's my advice? Live it up (heck it's the holidays for crying out loud!) and tell yourself that you can have anything that you like – just not everything that you like! So, pay attention, be educated and show a little restraint at the buffet table.

Food	Sugar grams / tsp.	Calories	To Burn it Off Walking
1 glass apple cider or sparkling grape juice	38g / 9 tsp	94-120	1.2 miles
1 cup eggnog	42g / 10 tsp	343	3.43 miles
6 ounce mixed drink	20g / 5 tsp	250	2.5 miles
6 ounce hot buttered rum	6.3g / 1.5 tsp	218	2.18 miles
1 Irish coffee	8g / 2 tsp	210	2.18 miles
5 ounce red wine	5.5g / 1 tsp	129	1.2 miles
1 bottle of beer	0	271	2.71 miles
10 ounce coffee with cream and sugar	12g / 2.8 tsp	120	0.5 miles
Starbuck's Grande egg nog latte	48g / 12 tsp	480	5.3 miles
Starbuck's Grande gingerbread latte (with whip, 2% milk)	36g / 8.5 tsp	330	3.40 miles
Starbuck's Grande peppermint mocha (with whip, 2% milk)	49g / 11.6 tsp	400	4.5 miles
Starbuck's Grande pumpkin spice latte (no whip, 2% milk)	47g / 11 tsp	310	3.10 miles

1 small candy cane	11g / 2.6 tsp	60	0.6 miles
1 small piece chocolate fudge	12.5g / 3 tsp	70	0.7 miles
1 Purdy's Hedgehog	10g / 2 tsp	140	1.5 miles
2 small gingerbread cookies	9g / 2 tsp	140	1.5 miles
1 medium shortbread cookie (1.5 ounce)	23g / 5.5 tsp	185	1.83 miles
3 ounce slice fruitcake	27g / 6.4 tsp	330	3.40 miles
1 slice chocolate cheesecake (1/6 of cake)	48g / 11.4 tsp	640	6.47 miles
1 piece pumpkin pie (1/8 of pie)	27g / 6.4 tsp	340	1.8 miles
1 piece pecan pie (1/8 of pie)	31.7g / 7.5 tsp	480	4.8 miles
½ cup whipped cream	.1g	145	0.75 miles
1 piece apple pie (1/8 of pie)	19.6g / 3.8 tsp	410	4.1 miles
Mincemeat tart	10g / 2 tsp	100	3.6 miles

* Note: Calorie expenditure based on a 150 pound person.