



Healthy Eating During the Holidays

Tips and Tricks

1. Bring a healthy item to a family gathering (fruit or vegetable tray, pretzels with low-fat dip or hummus)
2. Eat the “best for you” healthy items first
 - a. Sweet potatoes- 114 cal per cup, great source of fiber, potassium, vitamin A
 - b. Turkey- 167 cal per 2-3 oz serving, great source of protein and low in fat
 - c. Green Bean Casserole- 148 cal per $\frac{3}{4}$ cup serving, good fiber, vitamin C
3. Stand more than an arms-length away from munchies
4. Eat before you go to a party
5. Eat breakfast to prevent over-eating later in the day
6. Try to get a variety of food groups with at least 1 fruit or vegetable
7. Grab a smaller plate when possible
8. Allow yourself some wiggle room when it comes to sweet treats (choose your indulgences wisely by picking those that are truly special or unique to the time of year)
9. Eat Mindfully
 - a. Enjoy the look and smell of the foods, then the taste and texture of each bite as you focus on chewing
 - b. Sit down and eat when possible so you can really focus on the food, which will allow you to focus on your level of fullness as well
 - c. Pay special attention to how your body is feeling, then think about how YOU are feeling emotionally (Satisfied? Guilty? Joyful?)
10. Bring Tupperware to take home leftovers for a later meal
11. Remember food safety
 - a. Keep hot foods hot ($>165^{\circ}$ F) and cold foods cold ($<40^{\circ}$ F)
 - b. Leftovers are good for 7 days in the refrigerator, 6 months in the freezer
 - c. Prevent cross-contamination



d. Wash hands frequently

12. Get plenty of sleep, get physical activity when possible

Important Things to Remember

- * Give yourself permission to eat your favorite foods. This helps give yourself back the power from the food, reduce guilt, and avoid triggers to overeat
- * Don't restrict or deprive yourself. That's the best way to fully enjoy your food during the holidays
- * Choose foods that taste good to maximize your enjoyment of them
- * Determine the foods you like the most and taste the best at each party/ gathering, then plan to make room for those foods
- * Stay nourished throughout the day to avoid going to parties hungry
- * Schedule regular meals and snacks to prevent long gaps without eating to prevent being overly hungry
 - * 3 S's: Stress, social eating, and schedule overload
- * Engage in physical activity you enjoy and get plenty of sleep. Sleep deprivation can interfere with hunger and fullness cues
- * Name top 3 self-care priorities: personal quiet time, journaling, taking a bath, enjoying nature, meditating, etc. Prioritize personal time to stay connected to yourself and attuned to your body's needs.
- * Eat with attention and intention. Being attune to physical and emotional sensations during and after eating are two intuitive eating principles that go hand-in-hand
- * Brainstorm and rehearse responses to friends/family members who continue to offer you food when you are full.
 - * "This is delicious, but I'm full"
 - * "I'm full, but I'd love to take home some leftovers"
 - * "No thank you"
 - * "thank you, but I'm saving my appetite for _____"