



Just Say NO To Holiday Food Pushers!!!

By *Tricia Talerico, D.C., M.S., Nutr.*

During family, friends and office food gatherings, temptations are everywhere! From stuffing to pumpkin pie at Thanksgiving to eggnog, chocolate and cookies at Christmas, and hor d'oeuvres and champagne for New Years' Eve, holiday temptations are endless. "Food pushers" can range from well-intentioned loved ones to total diet destroyers. Regardless of their intentions, it's important to stick to YOUR intentions! Sometimes our food pushers may feel offended and say things like, "I made this especially for you." or "It's my specialty dish and I only make it once a year!" or "You only live once, go ahead!" Sometimes saying "No thanks" or "I'm not hungry" just doesn't work, so let's all have some strategies in our back pocket to survive the holiday eating.

* When offered a specialty dish, a great response would be, "I will have some in a few minutes." or "I just had some, it was amazing!"

* You can always say that your doctor or nutritionist has you on a special plan because you get terrible reflux or heartburn when eating ie. dairy, wheat products, etc. Most hosts don't want to hear you say that you're trying to lose a few pounds or eat healthier.

* Eat very slowly so that when your host offers guests a second helping, you'll still be working on your first.

* Carry and eat nuts or seeds during the day so you can arrive at an event already satiated.

* Avoid visiting with co-workers who have a bowl of candy or cookies on their desk.

* Make it your policy never to take free food samples at our local "warehouse" stores.

* Most importantly, remember that the holiday meal is your "cheat meal" and don't allow it to be a "cheat day!" Follow your typical eating routine up to the arrival of your guests or your arrival at your destination.

* Drink plenty of water! Remember, you should be drinking at least half your body weight in ounces. So, if you weigh 150 lbs., you should drink 75 ounces of water per day.

* Lastly, we are not perfect, so when temptation wins, use the 3 bite rule. Take 3 bites of the tempting food and then push it aside.

We can all survive the holidays and start the new year in a better, healthier place! Have a Happy!



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