Successful Eating During the Holidays

In general, people gain about one pound during the holidays, but then do not take off that pound. Year after year each pound adds up! How can you change that statistic?

What are your specific challenges around eating during the holidays?
1. You need to eat well during the holidays so that you are prepared to meet your specific eating challenges:
   A) Start the day with breakfast
   B) Do not skip meals or go more than 3 to 5 hours without eating
   C) Realize the value of carbohydrate, protein and fat on satiety
   D) Eat at least 5 servings of fruits and vegetables and 3 servings whole grains each day
2. Visualize the setting of your challenge: what are those specific challenges? What are the reasons you enjoy this event? Research shows that social activity helps people stay sharp!
3. Now that you have prepared yourself by eating well and visualizing the event, how can you eat in a healthful way?
   Do you need to eat before you go to a party?
   Consider “hunger” when you eat. When you are truly hungry, the food will taste much better. But you do not want to be over–hungry, or you will overeat.
   Be selective in your eating. Eating in a healthy way can make you feel good. Eat just to satisfaction but not to feeling over-full and uncomfortable.
   How can you be mindful in your eating to get the most of your eating experience? Don’t deprive yourself of anything. You will only want more. Eat that food mindfully and you can eat less with as much pleasure.
   If you drink, choose your beverages wisely. Limit your intake to 1 or 2 alcoholic drinks per occasion.
4. How can you maintain exercising during these busy days?
5. For each EVENT, what are the specific CHALLENGES and the specific ACTION PLAN?

Thanksgiving

Holiday parties

Holiday dinners

Food gifts

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