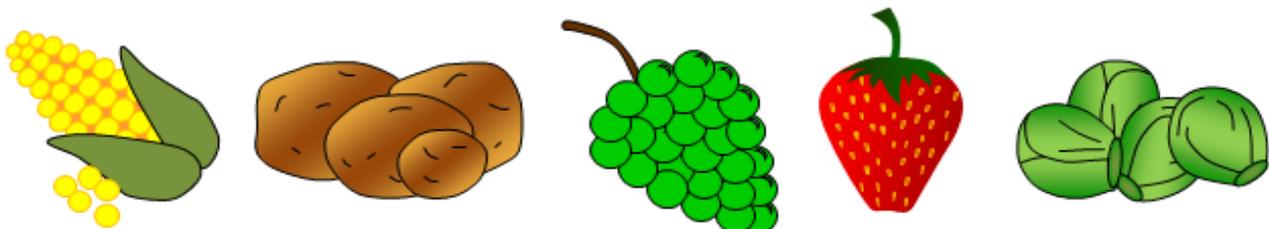


Mindful eating tips for the Holidays.....

- ◆ Enjoy your holiday!!
- ◆ Use a smaller plate. A 2" reduction in plate diameter reduces the plate surface area by 50%. You will hardly even notice that. This makes a big difference in the number of calories you will consume.
- ◆ Use smaller silverware. This gives you more bites of everything you eat! It slows down your eating, leaving you feeling more satisfied with less food. Chewing slowly and putting your silverware down between bites may also be helpful.
- ◆ Don't load up on some of everything. Instead, select your favorites. Consider skipping things that are available throughout the year such as mashed potatoes. Most enjoyment and taste is in the first 3-4 bites. After that, we do not savor foods as much and we are then eating just to eat.
- ◆ Put something on your plate that you will not be tempted to eat! Leave it there. This "protects" your plate from others trying to convince you to take more. You will be less likely to add more as well!
- ◆ Try to avoid beverages that are just empty calories. By doing so you will allow those calories to be used towards a food item instead.
- ◆ If you are hosting, offer unsweetened beverages, salads, fruit and vegetable trays with low fat dip as options. If you are a guest, consider bringing some of these things with you.
- ◆ Remember to eat until you are satisfied, not full. You will consume 20% less. If you are still truly hungry, have more to eat later.
- ◆ You don't have to skip dessert. Have 3-4 bites or share it with someone. This will help you to not feel deprived.
- ◆ If left-overs might be too tempting, send some home with each of your guests. If you are the guest, don't take high risk foods home with you.
- ◆ Remember that celebration is not all about food. Take pictures, start a game, help with clean-up, go for a walk, or just enjoy the time socializing with your friends and family (away from the table!).
- ◆ Make sure you get back to your overall healthy eating plan the *day after* your holiday!!



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