

REAL FOOD FOR FUEL

# MINDFUL MUNCHING

## FOR A HEALTHIER HOLIDAY SEASON

The holidays are a time to enjoy friends, family and food. And contrary to popular belief, you can have all three without putting on the extra pounds through moderation and mindful eating strategies.



In preparation for a big holiday party or feast, do not skip meals throughout the day as this may result in overeating. It is especially important to have breakfast as research shows that those who eat this important morning meal tend to consume fewer calories throughout the day. Include lots of fiber in your diet by eating fruits, vegetables and whole grains. High-fiber foods are high in volume and will satisfy hunger, but are lower in calories.

Holiday meals tend to be large, buffet-style and include second and third helpings. Preview the entire spread and make a plan of what you'd like to try before loading your plate with foods you may not even really want. Start by filling a plate with veggies and salad before going for the entrees and desserts. It's important to include nutrient-rich foods in your diet, but also remember that these foods have calories as well and should be eaten in moderation. Using this approach at the holiday dinner table will allow you to maintain a healthful eating plan — one that can also include dessert.

Source: <http://www.eatright.org/>

### Mindful Moment

Before going back for seconds at a party, wait 10 minutes then ask yourself if you're truly hungry. If you are, go ahead! If not, look for alternatives to eating, such as socializing, drinking water, engaging your hands in an activity, etc.



CREATED BY: KRISTEN CHANG, MS, RD

[Kristen@realfoodforfuel.com](mailto:Kristen@realfoodforfuel.com)

# mindful eating TIPS

## Use A Smaller Plate

At holiday meals or parties, grab a salad plate instead of a dinner plate to load up on. The smaller plate is an easy tool for portion control. With that, keep the MyPlate Model in mind:  $\frac{1}{2}$  plate fruits and veggies,  $\frac{1}{4}$  plate starch and  $\frac{1}{4}$  plate lean protein.



## Limit Caloric Beverages

Choose to eat your calories instead of drink them! Take beverages such as hot chocolate, flavored coffee, eggnog and alcoholic beverages into consideration for your overall calorie budget. Choose water instead or alternate with water to stay hydrated and cut back on fluid (empty) calories.

## Pre-load on Healthy Foods

During the holidays, don't skip meals in anticipation of splurging later in the day. This will only leave you ravenous and set you up for overeating! Eat balanced meals during the day but budget your calories for a larger meal when necessary. Have a healthy snack prior to parties to stave off hunger and prevent over-indulging.



## Pace Yourself

Part of eating mindfully is to be present, not only concerning the food you are eating but concerning the conversations and people around you. Pace yourself at meals by chewing slowly and putting down your fork between bites. Engage in conversation. Pace yourself with the slowest eater at the table!