

## THE NOURISHING GURU'S HEALTHY HOLIDAY EATING GUIDE

Dinners, parties, and treats, oh my!! While the holiday season can be a time to celebrate with friends and family, it can also be a time of stress. Celebration and stress often lead to overeating, especially with foods that are processed and higher in sugar –which are the most dangerous for weight gain and poor health.

Though this can be a particularly challenging time to keep up with a healthy lifestyle, there are *many* things you can do to **take control** and stay healthy through the holiday season.

First and foremost, **do not go into the holiday season expecting to gain weight.** It IS possible to maintain a healthy lifestyle during the holidays with the following tips:

**BE REALISTIC:**

- If you are in the midst of a weight loss plan, strive to maintain your weight through the holidays.
- If you wind up dropping a few pounds, great! If not, you have still accomplished something by not having the scale creep upwards.

**BE PROACTIVE:**

- Keep the mindset that you are changing your habits now – don't go on a binge eating unhealthy foods because "my diet will start in January."

□ **KEEP PERSPECTIVE:**

- If you overindulge, put it behind you! Return to a healthier eating plan the next day and please . . . leave your guilt behind.

□ **KEEP A JOURNAL:**

- Holidays can be stressful and its not unusual to turn to food for comfort.
- Take the time to write down what, when, and why you are eating. Studies have shown that those who keep food journals are the most likely to have success with their weight management plan.

□ **EXERCISE:**

- Exercise is a wonderful way to prevent holiday weight gain. It can also help with stress and depression, which are common during holidays.
- Sign up for a 5k, fitness walk, or other fitness event. OR simply walk for 15 minutes during your lunch break; take the stairs more at work instead of the elevator; choose a parking space far away from your destination . . . every little bit makes a difference.

□ **PLAN AHEAD FOR PARTIES/EVENTS:**

- Have a little snack with protein before you go so you are not starving when you are exposed to all the holiday food.
- Bring your own dish. Offer to bring an appetizer such as fresh vegetables and a [healthy dip](#). This way, you are assured there will be safe munchies. It's likely that others will appreciate this as well.
- If given a choice, use an appetizer plate rather than a dinner plate. That way you will put less food on your plate. Before going back for seconds, wait a little bit to see if you are really still hungry.
- Do NOT give in to peer pressure. Resist well meaning friends who may tempt you . . . “have just one drink” or “you must try one of these!” Congratulate yourself for resisting and realize that you are taking good care of yourself.
- If you choose to indulge, take a small piece and savor every bite! Remember – small on serving, long on taste :)
- Practice conscious eating. Make sure to taste and appreciate ALL the food you eat. Also make sure to chew your food slowly – sounds simple, but most people in social situations do not do this.
- Choose water or seltzer with a little bit of lemon over drinks laden with sugar and other nutrient-poor additives.
- Resist the urge to take home unhealthy leftovers. If the party is at your house – encourage guests to take food home.

**Finally, be sure to celebrate the true meaning of the holiday season.** Play down the importance of food, and focus on what the holidays are really about – spending time with family and friends!

### Want extra support during the holidays??

Be sure to check out our [GET ME THROUGH THE HOLIDAYS](#) program, to keep you on track, healthy and motivated throughout the holidays.

<http://programs.nourishinggurus.com/holidays/>

Have a safe, healthy, happy holiday season!

*Jane and Stephanie*

