

21 Tips for Eating Right during the Holidays

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Once again, the holiday season is upon us, and we all know what that means: a few extra goodies on the dinner plate, a few extra pounds, and yes, maybe even a bit of added stress for some of us. With that said I thought I would get this out a little early.

Thanksgiving is a time for giving thanks for the families we have, the jobs we have, the “things” we have and, most of all, for the plentiful supply of food we have. But, just because we have an abundant amount of food in our country, that certainly does not mean we *have* to eat it all in one sitting!

Of course, reuniting with friends and family that we may only see once or twice a year can be quite draining for many of us, regardless of whether or not we struggle with our weight. Anybody feel this way? I will be traveling to my home by the ocean in Encinitas, Calif. this year to experience a little RR with friends and family so I will be on my toes and will take my own tips with me!

However, for those of us who do struggle with our weight, the holidays can place an extra burden on us -- as we attempt to enjoy the season while trying to prevent packing on a few extra pounds. My first survival tip is **to KNOW** that it is common to add a few pounds at this time of the year. Hence, **we can CHOOSE** to allow ourselves the typical few extra pounds and enjoy ourselves without the guilt. **Or, we can CHOOSE** to employ some survival tips in a conscious attempt to refrain from gaining. No matter how you choose to handle the holidays, please read ahead.

1. **PLAN** ahead (there's still plenty of time).
2. **LEARN** about food substitutions. (You may want to bring your own salad dressing, low fat/salt butters, etc.)
3. **NO PEOPLE PLEASING!** Eat only what YOU desire. Do not eat as an obligation to others for “cooking your favorite dish.” You are the one who will have to live with the consequences, so make sure you make your own decisions. (Others may actually respect you more for standing up for yourself.)
4. **PRACTICE ASSERTIVENESS SKILLS** so you will feel free to turn down certain foods or extra helpings without feeling guilty.
5. **CHOOSE** to eat healthy ahead of time.
6. **NO SKIPPING** meals prior to the holiday feast. This will only result in a binge at meal time and a spiral of guilt and hopelessness.

7. **EAT SMALLER PORTIONS!** Allow yourself to taste what you want in smaller portions so as to not feel deprived. Once you start to feel deprived, you may be setting yourself up for a binge.
8. **VISUALIZE** yourself eating healthy prior to attending the holiday meal. As Walt Disney once said, "If you can dream it, you can do it."
9. **BE CONSCIOUS** of what you are doing and eating.
10. **NO PICKING** before or after the meal. Eat only at the dinner table.
11. **CHEW** slowly and liquefy your meal and enjoy the flavor and texture of the food. Put your fork down between each bite. Don't Drink with you meal either you will feel so much better..try it
12. **EXERCISE** more often or a bit longer and harder for a week prior to the holiday meal to compensate for the additional calories you may consume.
13. **NO GUILT!** Make a conscious effort to **CHOOSE** what you are eating without the guilt attached.
14. **STOP** eating when you are physically full. Start learning to recognize the difference between physical and emotional hunger now.
15. **MANAGE** your emotions. Have a plan as to what you will do in the event strong emotions arise when faced with certain situations or family members.
16. **REDUCE STRESS!** Practice relaxation activities (deep breathing, meditation and prayer, yoga, neck rolling, stretching, take a walk, etc.) prior to going to your reunion.
17. **TAKE TIME OUTS** when you feel things are getting out of control for you emotionally. I have learned this the hard way. So I strongly recommend this.
18. **TAKE CONTROL** of your thoughts, feelings and actions before, during and after the holidays.
19. **KNOW** that putting on a couple of pounds will NOT cause you to go back to square one. You have already *learned* what's healthy. No one can take that away from you.
20. **RESUME** your lifestyle of balance and wellness just after the holiday has passed.
21. **Ps.** Strive for **70%** water content food (*salads and veggies*) and **30%** matter (*starches and proteins*). So instead of a token vegetable on the side why not make it a token piece of Turkey!

Working through these tips will assist in preventing the stress, emotional turmoil and weight gain that many of us endure at this time of the year. Happy Holidays!

If you are interested in doing my Free Online Metabolic Typing Food Test or would like a complimentary 30 min phone consultation please call me Ingo Logé at 760.200.4920 www.lwanmybodybacknow.com

