**Conscious Healthy Mama** Holiday Tip Sheet
Celebrating doesn’t have to leave you feeling sick. Healthy holiday choices that keep the festive spirit alive.

**Healthy Eating Tips**

**1.** Don’t skip meals to save space for parties. This isn’t how digestion works. Skipping breakfast or lunch in lieu of a huge family dinner will only help you make poor choices when you finally do eat. Instead eat as you normally would.

Preparing for The Dinner Party—3 Actions:
**€ Limit yourself to 1 plate**. *AKA don’t go for seconds.*
**€ Leave 1 bite of food on your plate at every meal**. This is a weight loss trick not just about losing weight, but about deciding when you are done.
**€ Use a bowl instead of a large plate**. You can’t fit as much in a bowl. At least not as easily.

Don’t avoid all delicious chocolate cake/swear off wine/be a social pariah at parties, just approach holiday eating same as you would every day eating.

**2.** B.Y.O.F.Bring Your Own Food. Whether an office holiday party or dinner with friends, offer a supplementary dish; something you’ll enjoy eating that’s in line with your healthy eating goal.

**3.** Don’t graze. You’ll end up eating 3 -4 hours straight and terrible for digestion. Grazing doesn’t allow you to feel full/finished. [Review #5 and #8 for portion size support]

**4.** When in doubt, hydrate.Often, hunger pangs are dehydration in disguise; or boredom; or discomfort. Keep a water bottle handy, or ensure your water glass is refilled regularly. It’s just as easy to get dehydrated in winter as in summer.

**5.** Liquid dinner!Not a bottle of wine! Soups, stews, foods of higher liquid content (veggies/fruits) make for easier digestion, something we need in evening when digestion is less strong. Soups are a seasonal favorite due to warming/grounding qualities.

Healthy choices don’t have to be a drag. Conscious healthy eating is delicious and good for your belly at the same time.

Make your holiday as healthy as it is joyful!



**Conscious Consumption Tips**

**1.** Avoid excuses. December is no different than any other month. Don’t make December an excuse to eat things that don’t make you feel good.

**2.** Think about your food. How fresh is it? How many ingredients? What are its ingredients? Will it nourish you? Will it bring you pleasure? Can you eat just one and still enjoy?

**3.** Eat mindfully—3 Actions:
**€**  **Pay attention to what you are eating.** *Savor food*. Notice flavors, smells, textures. Make eating a mindful meditation, which is helpful for enjoyment!
**€ Give yourself space between bites/servings of food**. Often we rush through eating to get to next thing, more food, conversation, somewhere else. Don’t rush. Slow down. Space between bites/servings might make you realize you’re not that hungry and don’t need to eat everything on the plate.
**€ Observe how you feel next morning.** How do you feel the next day? Awake feeing junky? Think about why. What actions led to morning yuck? What can you do to avoid this feeling?

Actions to identify unhealthy AND healthy patterns. Act to change the unhealthy:

**4.** Re-gift if you don’t want to eat. People give LOTS of food gifts. You’re not obligated to eat food gifts. Don’t use “it’s a gift” to excuse eating junk that makes you feel gross. Re-gift or compost!

**5.** Make time for movement. Colder weather necessitates body movement now more than ever. Don’t give into wintertime sluggishness! **Choose** to create warmth and vitality through body movement. Movement in winter keeps your body healthy and soul happy. *Bonus points if you daily movement outdoors to score some Vitamin D!*

**6.** Conscious connection. Wintertime = listening and reflection. This connects you with your needs, creating healthier, stronger bonds with loved ones. Seasonal celebrating doesn’t have to mean co-gorging with loved ones! Celebrating can mean simple, shared meals with meaningful conversation.