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## Avoiding Holiday Sabotage

These Healthy Holiday tips are taken from my friend and nutritionist Stacey Morgenstern. To learn more about her approach and services, visit her informative website [Five Point Wellness](http://www.fivepointwellness.com)

### **COMPLAINT #1: HOLIDAY FOOD – "The food is too tempting, and I eat way too much."**

**Solution #1:** Decide on your gameplan ahead of time. Think of your appetite as an expense account. How much do you want to spend on appetizers or the entrée? Do you want to save some room for dessert? Go through this process mentally to avoid eating too much food and feeling uncomfortable for the rest of the evening.

**Solution#2:** Do not skip meals. If you skip meals in an attempt to save calories you can leave your body in a state of starvation. If you arrive at a party or family gathering famished, you may be more likely to gorge on anything and everything you see. Eat normally and sensibly throughout the day (balanced meals) and your body will nutritionally be satisfied with no physical need to binge.

**Solution #3:** Eat the best and leave the rest. Part of the joy of the holidays is the good food that only comes around once a year. To avoid overeating, don't deny yourself special foods. If you want to try everything, just take TINY portions. Find out what you really love and then leave the ordinary stuff alone. Ask for recipes of your favorite dishes so you can make them in February if you want. That way, you won't feel like you only have one shot to get your fill.

**Solution #4** Savor the flavors–eat mindfully.

Be conscious of food and savor every mouthful. Look at the food on your plate. Is it colorful? Is it appetizing? Does it make your mouth water? Place a small amount of food inside your mouth and feel its texture. Is it crunchy or creamy? Roll the food on your tongue and taste all the flavors. Is it sweet, salty, bitter, pungent, or spicy? If you allow yourself to experience food more intimately you may have not need for second or third helpings.

**COMPLAINT #2: "Aunt Kathy will be offended if I don't eat her lumpy potatoes."**

**Solution #1:** Be cautious of "obligatory eating" – avoid eating just because it is on the table, on your plate, because you paid for it, it's free, or because someone made it. Deal with "Food Pushers" with a polite but firm, "No thank you." If you're concerned about hurting their feelings, ask for the recipe or a small portion to take home with you for another meal.

**Solution #2:** Eliminate foods you don't like– but think you "have to eat because it's the holidays." Skip the lumpy potatoes without making it a big deal. If you have to, put them on your plate and push them around until you're finished.

**COMPLAINT #3: "My co-workers always bring tons of candy and cookies to work–it is so hard to resist when it's right there staring at me all day."**

**Solution #1:** Be a food snob.  
It's common to have candy and snacks lying all over the place this time of year. Avoid indulging in food just because it's there. Grazing unconsciously leads to extra calories that you probably won't even remember enjoying.

**Solution #2:** Out of sight out of mind.  
Keep the work goodies out of sight so they are not "food suggestible." Sometimes just hanging around food causes us to eat more than we need or want.

**Solution #3** Honor your hunger level.

Before having a cookie, a piece of fudge or other holiday treat that was laid in the break room, check your hunger level. If you're hungry and you choose a favorite food to satisfy you, remember to sit down and eat it mindfully – no guilt.

#### **Complaint #4: "There are no healthy options."**

**Solution#1:** Bring a healthy dish!

To avoid sabotaging yourself over the holidays, offer to bring your favorite greens or a salad. This is a great way to balance out all of those heavy foods, and share something healthy with those you love. Make it colorful and delicious—Green beans with toasted pecans or rainbow chard with cherry tomatoes and asiago cheese (see recipes below)—remember healthy eating doesn't mean bland and boring.

#### **Complaint #5: "I was doing great before the holidays, but now I can't seem to motivate back to my routine."**

**Solution#1** Exercise, Exercise, Exercise.

Even though you may be away from home and your regular routine, try to get your body moving wherever you go. Take a morning or evening walk. Bring your sneakers. Go play with your kids, grandkids or nieces and nephews outside. Ask a family member to go the gym with you—what a great way to bond and inspire someone you love to be healthy while keeping motivated yourself. How about going to a yoga class, tennis, or hoops?

**Solution #2 Sign up for one of Dr Cory's Post-Holiday Cleanses**

(I added this one!) This beginner-friendly group program gives you the opportunity to recover from the holiday madness, detoxify your body, create healthy dietary habits and sanely begin to shed extra pounds

Most importantly, delight all of your senses. Enjoy the company, the atmosphere, the entertainment, and the traditions as much, if not more, than the food.