

TOOLS for Holiday Eating

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The holidays provide many opportunities for self-sabotage in the eating arena. It is not uncommon for folks to say they gained 10-15 pounds from October through December. With the desire to be in a swimsuit, and look great mind you, right around the corner, a season of feasting sets us up for failure rather than the WIN we would like to have. Honestly, there is no reason to pack on those pounds during the holidays. The biggest gift we can give each other and ourselves is to take care of ourselves. When we set healthy boundaries around food, we allow others to become aware of their eating as well. Maybe they just needed YOU to set an example for them so they could have a different experience with eating during the holidays. Here are a few tools you may chose to set into motion this holiday season.

PRE PLAN ~ I can't say enough about planning ahead. When you plan for an event, or meal, you have a structure to follow. If you got into a bind and had to make a few changes to the day you would still be further ahead of the game than leaving the house unprepared. Remember it is what you do 90% of the time that will over rule that one slip.

Attending a Cocktail Party ~ Cocktail parties generally have a little something for everyone, including healthy choices.

- ☞ Before putting any food on your plate, look over all of the choices, see what you *must* have, then
- ☞ Put what you want on your plate
- ☞ Move away from the table so that you are only eating from your plate.
- ☞ If you selected something that *looked* good but didn't meet your *taste* test... throw it away. *You do NOT have to eat what you put on your plate* no matter how many kids are starving in Africa. Face it, that kid will never see the food anyway.
- ☞ Throw away your plate when you are finished eating. This will remove the temptation of hand to mouth disease.
- ☞ You do not have to have alcohol. Most folks simply want to make sure that you are OK...So if you are walking around with a club soda with a twist of lime or something similar you will most likely be left alone. Another consideration for alcohol is that it tends to turn your head towards high fat, high sodium and high sugared foods. By keeping to a club soda you will stick with your **PLAN!!!**

Eating at a Friends House ~ many times your host is a close friend who is already aware that you are selective about what you place in your body. Hosts also love to have ideas for what to serve. In the bigger picture you are being invited to the party because your friends want to SEE YOU, to celebrate with you, and share grand conversation. Keep the focus there rather than around the food.

- ☞ Did we mention **PRE-PLANNING YET??**
- ☞ Call your host and volunteer to make something, that way you will know of at least one thing you can lean on.
- ☞ Find out who else is invited then volunteer to call around. If each of you is conscious of what you are eating, you can share some great new recipes celebrating your health.
- ☞ Tell your host in advance about foods you do not eat. For example, if you are a vegetarian it is very helpful for the cook to have that knowledge before placing a huge juicy steak placed in front of you.
- ☞ If the meal it at an awkward time... Eat before you go. You can have a large salad with others, add some lean meat if you desire. Bottom line...**DO NOT ARRIVE HUNGRY**...this will only lead to over eating then *over groaning*.

Traveling/Restaurants ~ Traveling takes a bit more care in your preparation. If you are traveling to friends you know, follow some of the guidelines listed above. If you find that you are eating in quite a few restaurants here are a few things to try out.

- ☞ Select items that are broiled or steamed over those in butter
- ☞ Have Sauces and Dressings on the side
- ☞ Dip your fork into the dressing first then into your salad. The last thing your tongue will taste is the first thing you placed on the fork.
- ☞ Have Vegetables steamed rather than cooked, select eggbeaters over eggs etc.
- ☞ Look for markings on the menu stating a food choice is Heart Conscious.
- ☞ If the portions are huge, split it with a friend, or box half of the meal before eating it. Out of site, out of mind.
- ☞ Look at the appetizers rather than entrée items. Usually the appetizers have shrimp or healthier choices
- ☞ If you are at a buffet, walk the entire line *before* putting anything on your plate. Select only those items you *must* try. Find a way to get the plate removed as soon as possible when you are done. If the staff is slower than my hand needs them to be, I usually pour salt over the remaining food. That way my hand will leave it alone and my body will be happy later.
- ☞ Drink WATER, rather than pop or coffee. Keep your body flushing toxins out, and sending nutrients into the cells.
- ☞ Take food with you. Have a variety of healthy snacks. I usually carry things that can be mixed with hot water (oatmeal, rice, etc) so that if I am flying I can always have a meal in minutes.

The never ending Office Cookie Plate ~ I used to laugh when I'd go into the conference room, see the table loaded with junk food, and listen to everyone complaining about gaining 30 pounds with their grazing. With all that sugar in the body, not much work got done later either, but what to do with all that FOOD???

- ☞ Make a suggestion for all the food be placed in ONE spot, preferably a place you will not see or smell. Most over eating is a head game. If you can't see it, you won't want it. It is that simple.
- ☞ Suggest there be only ONE day for 'excess' food.
- ☞ When you do eat the food, keep it to one room. Avoid taking it to your desk. That will only lead to mindless eating.
- ☞ Give yourself permission to have one junk food item out of every 9 healthy food items.
- ☞ Visualize something covering the food, something you KNOW you would not eat. When I am in restaurants I use salt to cover the food I no longer want to eat. Find something that works for YOU.
- ☞ Breathe the Food Aroma. Sometimes all your brain needs is a good whiff of some good chocolate. I am very well known for standing next to someone who is eating a candy bar and sniffing the air as they talk. My brain gets the message about chocolate... and my hips keep the message to stay slender.

PRE-PLANNING is the key for success. Celebrate EACH new SUCCESS as they happen. Wherever you put your focus is what you will have more of. When you Celebrate eating Healthy your body will love you right back and crave more of those Healthy choices. Have a great Holiday season filled with Laughter, Joy and *less* of you for the New Year!

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Creating LIFESTYLE Changes to LAST Your Lifetime

NADINE is a *Naturopath* and *Holistic Nutrition Specialist* with over 30 years experience in the Health and Fitness Industry and teaches her clients the *Art* of building and maintaining lean muscle tissue as they drop body fat in a unique program designed for *them*. Nadine has coached all levels and genre of people and has taught a variety of programs including but not limited to Personal and Sports Nutrition, Sports Psychology, and Weight Lifting/Bodybuilding. Nadine is available for seminars and workshops based on availability. For more information contact **Dr NADINE** at 970-443-2541, email: Nadine@CoachNadine.com or visit www.coachnadine.com