

Banister Nutrition LLC

Mindfully Enjoying Holiday Foods!

- 🌲 Food is an important part of our holiday spirit. Select awesome foods to **enjoy** while being **mindful** of the quantity. Feeling too full creates a miserable vs. pleasurable experience.
- 🌲 At meals with many holiday food options, be sure to identify your favorite choices before serving yourself. Be selective and savor the flavor!
- 🌲 Aim for two quarts of water daily.
- 🌲 Consider a lite snack before the party to calm your hunger and engage **mindfulness**.
- 🌲 Honor your hunger and fullness cues – this increases enjoyment while decreasing guilt and shame around food.
- 🌲 To decrease **mindless** eating, use a plate for meals and snacks, find a chair to sit and relax while you partake.
- 🌲 Holiday food experiences are a gift of the season for our pleasure, not our regret.
- 🌲 Stop, pause, and mentally check in to ensure your food choices reflect your goals, such as honoring family food traditions that evoke fond memories.
- 🌲 Remember, all foods are okay – food is not “good” or “bad”. A balanced intake provides satisfaction, pleasure, and energy while supporting our physical and emotional wellbeing.
- 🌲 **Caution:** Tired + hunger = **mindless** over-grazing!
- 🌲 Mindfully enJOY the many special foods of this season and the JOY they provide.

Merry Christmas and Happy Holidays!
From all of us at Banister Nutrition LLC

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