

Nutrition Bites Holiday 2022 Edition

happy
holidays



It has been a true honour & pleasure creating our Monthly newsletters for you! Thank you for being part of our Inner Health Nutrition Consulting community! We want to take this opportunity to wish you a very Happy Holiday season with your friends & families, and a peaceful, prosperous & healthy start to 2023.

Cheers, Filomena & Gabriella

Tips & tricks to help you navigate

this holiday season with confidence!



#1 DON'T GO HUNGRY!

Don't save all of your calories for that one meal or go on a hunger strike prior to your celebration! Doing this often back fires! We feel 'hangry' during the day, tend to over eat (especially on those appetizers) and feel tired/sluggish earlier on into the evening.

Your best solution to combat this...eat regularly throughout the day and have a snack before you go! Your appetite, brain, and blood sugars will thank you.

Get into the habit of taking a moment to plan out your meals and snacks for that day. For example, if you know that dinner may be running later, or your biggest challenge is not overindulging on the appetizers, then have a snack before you go.

Some simple go-to snacks that can keep you satisfied are:

- a fruit (apple, pear or grapes) & 1-2 tablespoons of nuts or seeds (unsalted almonds, walnuts, hazelnuts)
- plain yogurt mixed & 1-2 tablespoons of nuts or seeds (unsalted pumpkin seeds)
- veggies (celery, fennel, peppers) & a bean dip (hummus)
- cottage cheese & fruit (berries)

#2 KEEP HYDRATED WITH WATER & BE MINDFUL OF MOCK/COCKTAILS

Don't forget to stay hydrated with water during the day and during your celebratory meals. It is often easy to forget to meet our daily water intake, especially when we are busy and the weather is getting colder. Keep in mind that water also plays a large role in our



perception of hunger. Be sure to replenish your water glass before all else.

There is no problem with enjoying a drink or two. But keep in mind that some of our holiday drinks choices may be high in calories, fats and sugars.

Here are some helpful holiday drinking tips:

- Drink your drink slowly
- Include water in the mix- try carbonated water with a slice of lime, lemon, or orange slice in a tall glass
- If drinking liquor, aim for half a shot or serving
- Add soda water to your wine to make it into a wine spritzer
- Choose a drink that you are looking forward to the most and savour it!

#3 BE MINDFUL OF THE APPS

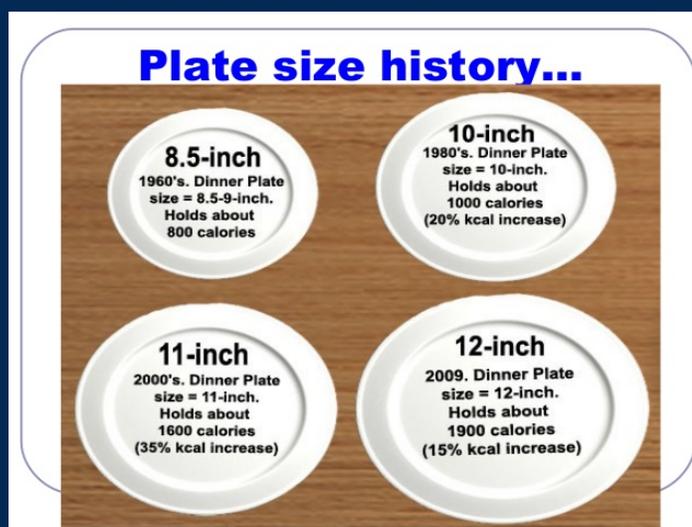
Many of us tend to over-do-it on those delicious, flakey, and warm starters. It's hard to stop after one, and before you know it, your entire plate is filled with appetizers.

Be mindful of your plate before the meal even begins. Seek out healthier options first. Try to choose veggies and dip most often and try your best to just stick with one or two smaller portions of an item that you are looking forward to eating the most.

#4 CHOOSE A SMALLER PLATE & PLATE WISELY

While this might not be possible for all celebratory meals, if you do have the opportunity and option of choosing a smaller plate (such as the dessert plate or appetizer plate), then do so for your main dish as well!

This will help keep your portion sizes in check.



And most importantly, be mindful of what is on your plate...

- Fill your plate with vegetables
- Include and enjoy foods from all food groups
 - Make some "compromises" - look for options that are healthier but include some that you really enjoy. A few bites go a long way...sit & mindfully enjoy your meal

- Be mindful of the "extras" such as sauces and gravies-keep these to a minimum; once again, a little goes a long way!



#5 ENJOY YOUR DESSERT! Yes that's right!

Dessert time is the most exciting time of the meal! Well, for me anyway! This is where many of our holiday traditions and relatives' recipes are featured.

Don't restrict yourself. Pick a dessert that you love, be mindful of your portion (aim for a smaller size) and most importantly, enjoy it!

#6 BRING A DISH THAT YOU WILL ENJOY

It's hard to be in control of what foods and drinks will be offered when we are attending a party. Contributing to the menu is a great way to ease your mind and keeping with your goals. Here are some ideas...



**Pumpkin Sage Hummus
with Roasted Pepitas**
by Hoorah to Health



Chickpea Salad
by Hoorah to Health



**Vegetarian Stuffed
Peppers**
by Horrah to Health



Refreshing Pomegranate Salad



Vegetarian Cornbread Stuffing
by Hoorah to Health

7 KEEP ACTIVE

It's so easy to head straight to the couch after a lovely meal and take a quick snooze...Before you cozy up on the couch, be sure to get outside, go for a walk, play in the snow, or just get moving! Start off your day being active - it sets you up with a positive mindset which will likely translate to your meal choices as well!



#8 STAY IN CONTROL

There is no shortage of baked goodies and chocolates in most of our workplaces this time of the year. The temptation to grab a croissant, cookie or donut in between meetings is hard to resist, especially around afternoon time.

Be mindful of your choices at work, and reflect on how they may be impacting your usual eating habits...

-Are you over-eating in the morning time, causing you to skip your lunch?

-Are you feeling sluggish ?

-Are you drinking more caffeine than usual, that may be impacting your sleep?

-Have you been sneaking a sweet or treat every time you walk past the kitchen?

If you are having a hard time navigating the holiday season during working hours, think on how you can make some small changes to help keep with your healthy eating goals without compromising on the holiday fun.

Perhaps...

-Don't go to work hungry or skip out on breakfast at home (it is likely that the breakfast options at work are lower overall in nutrients)

-Be sure you are drinking enough water and other fluids such as herbal teas!

-Contribute a healthier alternative, such as fruit, low fat yogurt - stock these options at work so you have choices!

-Enjoy a small serving size once in a while of holiday treats at work

-Focus on the socializing, rather than the food!

And most important, when you have thought of a few goals that will help you avoid the extra sweets and treats, write them down on a post-it note to help remind you of your goals!

How to practice mindful eating this holiday season!

Watch this 4 minute video below to learn what Registered Dietitian, Allison Tepper, has to say to help us be mindful eaters this season!



**Click here to watch the
video!**

Want to know what Dietitians are

bringing to holiday parties this year?

Looking for some holiday inspired recipes and ideas that include persimmons, brussel sprouts, green beans or a mac and cheese?

Check out these dishes that Dietitians are bringing with them!

Click here for the recipes



References:

Image of plate size history. Retrieved from <https://liveloughloveandlose.wordpress.com/2016/05/11/lets-talk-about-portion-control/>

Image of squash and walnut crumble meal. Retrieved from: [https://ca.style.yahoo.com/heres-exactly-dietitians-bringing-holiday-111513228.html?](https://ca.style.yahoo.com/heres-exactly-dietitians-bringing-holiday-111513228.html?guccounter=1&guce_referrer=aHR0cHM6Ly93d3cuZ29vZ2xlLmNvbS8&guce_referrer_sig=AQAAANYg3CXCaTObmNegCSmOjuvEQ7Lo0HCF8HnXZfscmqegFftGD-1su1bxzy4peM1GEUzsqkzWM098acq2RpNxYaN6MH1tZTkqw2g-4JJZ-8ndzh13BeCqjo-xvyf7NOvwxQrSPbdCvCIGMxpXj3RnymAevjR1g3PLyx13x-VhKg9o)

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