HOLISTIQUE MEDICAL CENTER · BELLEVUE, WA

Mindful Eating Tips to Reduce Holiday Food Anxiety

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The holiday season is just around the corner, and with that may come with undesired holiday food anxiety. Diet culture seems to have taken over social media recently with an infinite amount of misinformation being deemed as credible advice, leaving people feeling more self-conscious and confused than ever. How do you know which information is accurate? Let's get back to the basics and dive into the foundations of health to create a more joyful relationship to food and a less stressful holiday season.

Moderation, Not Deprivation

It's important to honor your favorites. Instead of avoiding your favorite foods to maintain a specific dietary pattern, recognize that it's okay to enjoy them in moderation. It's all about balance.

Prioritize Macronutrients

Eat proteins, fats, and vegetables before carbohydrates at mealtime. The order in which you eat macronutrients affects satiety and blood glucose levels. Carbohydrates are a fast fuel. Your body converts them into glucose that can be used quickly for immediate energy needs. Eating proteins, fats, and vegetables before carbohydrates is an effective way to maintain lower post-meal glucose levels. They also leave you feeling fuller longer because they take longer to digest.

Choose Healthier Drinks

Alcohol and sugar-sweetened drinks add up quickly. Stay hydrated with water and drinks with lower sugar content. Maintaining proper hydration also supports your body's ability to detox properly. Great alternatives to soda include Olipop and Poppi, both of which include a fraction of the sugar and are just as tasty. Plus, they contain prebiotics which support digestion and gut health.

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Staying hydrated and supporting detoxification is key during the holidays. Learn more about simple detox practices here.

Chew Slowly

Chewing longer increases 'fullness' hormones and promotes digestion, helping you eat less overall.

Bring a Healthy Dish

If you're a guest, contribute something healthy and delicious. All recipes can be "health-a-matized". Add your own special touch to one of your favorite dishes.

Stay Active

A postprandial (after meal) walk after meals can help manage blood glucose levels and aid digestion—invite someone to join you!

Enjoy the holiday season by focusing on mindful eating and quality time with loved ones. Simple, balanced habits can make this time of year healthier and more joyful, instead of suffering with holiday food anxiety.

"One cannot think well, love well, sleep well, if one has not dined well." -Virginia Woolf

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