

Social Eating & Holiday Challenge



Social eating, especially during the holidays does not have to be an open invitation to return to unhealthy eating habits. Every event may seem like an excuse to splurge, but the consequence just might be the worst kind of post-party affliction: a food hangover. The best cure for a food hangover is to prevent the over indulgences in the first place. Have treats and enjoy yourself, and find that happy place of moderation. Here are a few tips on how to achieve this:



Small Plate Challenge

- Completely fill a small plate. (8-10")
- Enjoy your meal!
- Do not go back for seconds
- Using a small plate reduces your calories without making you feel like you are depriving yourself (*See Session 6*)



Healthy Start & Wait...

- When you first arrive at a party, locate the fruits and vegetables
- Fill one small plate (8-10") and enjoy as you are socializing
- Wait 30 minutes before you select any other food choices
- Follow the Rule of 3s below



Rule of 3s

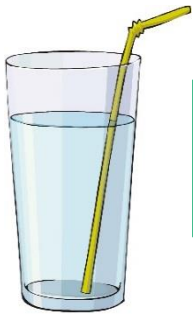
- Thoughtfully evaluate the delicious food options at the event and select your three choices
- Fill one small plate with your favorite 3 foods and enjoy!
- Still hungry? Head back for some more vegetables and fruit
- Use the Alcohol Match for your beverages (see next page)

Social Eating & Holiday Challenge



Get Moving

- Plan exercise on the day of a social gathering:
 - Walk a track or neighborhood
 - Take a walk between dinner and dessert
 - Start your day with yoga
 - Sign up for classes or races



Alcohol Match

- For every drink you have, match it with a water/seltzer before you order another drink
- Set a drink limit prior to each party/social gathering



Party's Over & so is the Eating!

- Eating “poorly” one day is not the reason you gain weight after a holiday or social gathering
- It is important to return to your usual healthy routine at your next meal

The Challenge: Pick your top strategies before you enter into any party or social gathering. Commit to them by writing them down and sharing with a support person prior to heading to your event.

My top social eating strategies:

Small Plate Challenge

Healthy Start & Wait

Rule of 3s

Get Moving

Alcohol Match

Party's Over