

The holiday season can oftentimes be filled with "overs"- overeating, over-baking, over-drinking, overbuying, and over-committing. Sometimes, we may feel lost or out of control with the overabundance of the season. Take a step back and be present in each moment. When it comes to food, here are a few tips to practice mindful eating:

Eat slowly and focus on the food

What flavors stand out to you?

Enjoy the quality, not the quantity

When more food is put in front of us, we are tempted to consume more. Be mindful of portions and try using a smaller plate. Slow down and savor each bite.

Mindful eating is an evidence-based strategy to maintain or lose weight, as eating mindfully helps us pay attention to what and how much we are eating. Mindful eating strategies include paying attention to our hunger levels (as the Grinch would say, "am I eating because I'm bored?"), eating slowly with awareness of each bite, and noticing the taste, texture, and flavors of each food item.

Eat One Piece at a Time

Try to incorporate more mindful eating practices into your everyday routines. Put all screens away while eating (turn TV off, put the phone away during lunch, move away from your computer), and put your fork down between bites to slow down each meal. Taking one piece (or bite) at a time. By taking one piece, you can slow down, pay attention to what and how much you are eating, and better enjoy the flavors.

When eating popcorn, instead of grab a few at a time to eat without thinking anything about it, take one piece at a time. At the bottom of a tortilla chip bag (or bowl), instead of taking two or three smaller pieces that were broken to eat at once, focus on one at a time. There are many of other foods that it is so tempting to eat a handful without paying attention, pay more attention to that one piece and enjoy it.

Eliminate distractions

Turn off the TV, phones, or computers while eating.

Bonus tip: If you still want to enjoy a special dessert or your favorite holiday treat, try following the one-bite rule. By taking one bite, you will not feel deprived and won't feel guilty for overindulging. For more tips on mindful eating, check out this mindful eating blog post. (<https://esmmweighless.com/blog/>)

Hope these tips help. I'm going to try to keep them in mind as we celebrate the holidays.

Happy Holidays! (All of them)