

FOOD

KEY TIP: SCHEDULE OR OTHERWISE PLAN YOUR TREATS MINDFULLY

Before you head to that party or sit down to your Thanksgiving feast, press the pause button. Take a moment to reflect upon how you feel. Are you rushed? Stressed? Sad? Bored? Hungry? What are your wants, and what are your needs? Differentiate between the two. After you have taken this moment to reflect, then you can choose what and how you want to fill your plate and your glass.

If you're craving sugar, but are apprehensive about how you know it will make you feel, try filling up on protein & fiber. Fiber expands in the gut and creates a sense of satiety or fullness. Plus it's good for your gut! Protein is a longer lasting fuel than sugar, and does not create that insulin spike and crash that sugar does.

If you have planned an indulgent treat and enjoyed it, but then feel tempted to reach for an extra piece of pie, ask yourself, "What am I really needing right now?" That pie is instant gratification, it does not last long, and the crash could be hard and low. Do you want to feel that way?

Action steps to keep from over-eating or over-indulging in foods that will derail your health:

- stop when you're 80% full - this requires slowing down and pausing to assess how you feel mid-meal
- walk away from the table/food
- drink lots of water
- get engaged in conversation

