

# HEALTHY HOLIDAY MINDSET

## TIPS FOR MINDFUL EATING THROUGH THE HOLIDAYS



### EAT MINDFULLY

- Eat slowly & savor each bite
- Research shows we eat the right amount when we focus and engage with our food
- Chew well, until you can no longer taste the food
- Stop when you are 80% full



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### GIVE YOURSELF PERMISSION TO ENJOY

- Place food on a plate
- Pay attention to the taste, texture, and smell
- Pause while eating to engage your senses

### BE AWARE OF ALCOHOL

- Alcohol increases insulin levels, increases hunger, and interferes with mindful eating
- Plan ahead and engage support to stick to your goal

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