

November-December 2024

TIPS FOR SUCCESSFUL HOLIDAY EATING

- Choose your food as you normally would, but
- Take ½ to ¾ the amount you usually put on your plate
- Cut food into bite-sized portions – i.e. the size that fits on your utensil
- Chew slowly – savoring each bite! After all, what's the rush?
- Sit Down! AVOID STANDING UP AND EATING! Try not to nibble, graze, taste test or sneak a pinch of every food. If you're cooking or baking your own foods, have someone else taste it for you.
- Avoid "seconds"; try and put the amount you desire to eat on your plate the first time around.
- When choosing sauces and other "add-ons", ALLOW yourself a couple of tablespoons, rather than ¼ - ½ cup of gravy, a tablespoon of butter, or margarine, etc. (FATS add up QUICKLY!)
- If desserts are your favorites, how about cutting back on your usual amount of the main course so that you are able to thoroughly enjoy your dessert.
- If you find yourself "getting carried away" with any food or beverage, try this: drink 4-6 oz of warm water, eat a pickle or lemon wedge, or eat something spicy-hot. In extreme cases, do all of the above!
- In general, drinking an 8 oz glass of water prior to eating has been known to curb your appetite.
- When choosing to eat a food item that is deliciously decadent – i.e. high in fat, and/or sugar, prior to indulging, go for a brisk 20 minute walk. Alternatively, if you wish, go for a 20-30 minute walk afterwards.
- Try the buddy system. This is a method of accountability that is often quite helpful: if people are accountable to someone other than themselves, this can be an incentive for successful eating or in other areas of life where we may need a little help!
- There are many other methods, tips and hacks we can use to ensure that we don't "over-do-it" during the holiday season. However, it is ultimately up to each of us to make wise choices!

The Health & Wellness Ministry wants ensure that CCF members become actively involved in pursuing their own personal health, wellness, and fitness goals. Its mission is to obey the spiritual mandate given to us in the Bible – to honor God with our bodies (1 Corinthians 6:20), to educate, activate, and regularly practice good care and feeding of our temples, and to be accountable to ourselves, each other, and mostly to our Father, as we build (or rebuild) His dwelling place (Nehemiah 2:17).

If you'd like to get involved this ministry, contact Caj Hunter at ministries@ccfword.org. The ministry really needs registered dietitians or nutritionists and those who are in the medical, mental health, and/or fitness profession.

