

PARTY CHEAT SHEET

party binge cheat sheet

Snack
before
the party

Water
before
cocktail

No
second
serving

Eat
Vegetables
First

Gum
or
Mint

Survey
options
first

Choose
one
indulgence
only

Skip
the
Sauce

Enjoy
Guilt
Free

PARTY CHEAT SHEET

Tips to avoid party binge eating

From parties to family dinners, the holiday season is a time of celebration and eating. While it is totally normal to indulge on occasion, often the holiday binge leads to feelings of guilt and frustration. Skip the holiday stress by creating a healthy holiday plan. Practice mindful eating, enjoying food without over indulging with these tips:

1. Stick with a healthy eating and exercise routine during the holiday season.

Create balance by practicing your best habits most of the time – including portion control! Then, when you do want to have an indulgence, you can enjoy it and feel GREAT about all your hard-work to stay healthy and in control!

2. Have a small healthy snack, such as a piece of fruit or a small salad BEFORE your holiday party.

It is more challenging to eat well when we are so hungry that EVERYTHING is tempting. Before heading out to your holiday party or dinner, have a small, healthy snack. A portion of vegetables or piece of fruit can often take an edge off the hunger and help you stay calm and in control.

3. Offer to bring a salad or vegetable side dish.

Having a plentiful array of healthy foods can help off-set the less healthy options. While it is great to enjoy an indulgence, create balance with healthy, colorful vegetables.

4. Always start with water – still or sparkling before selecting a drink.

Holiday specialty drinks are often calorie laden. Always start with a glass of water. Select a lighter drink and a small glass, if possible. Then, after your drink, have another glass or two of water before going back for more.

5. Take a moment to look around.

Survey the available options before filling your plate. Know your options and decide what you really want.

6. Fill your plate once and start with vegetables.

Starting with vegetables is a great everyday strategy and the holidays are no exception. Once you have a colorful array of vegetables, add other food to your plate and plan to stick with just one plate to avoid overindulging.

7. Keep your breath fresh

Pack a piece of gum, a strong mint or mint tea. When you finish your plate, reach for mint to keep your mouth feeling fresh. This can help avoid the temptation to keep eating.

8. Give yourself permission to enjoy. Stressful eating is not good for your health. It's okay to enjoy food!