



Mindful Eating During the Holidays

Between leftover pie from Thanksgiving, holiday dinner parties, goodies from your neighbor, and treats at work, it might start to feel like there are sweets wherever you turn. One way to avoid eating too many sugary or high-fat foods is to practice more mindfulness while eating.

Food is an important part of the holiday season! It brings people together and is part of many holiday traditions. Don't miss out on the joy food brings by strictly restricting certain foods. Eating mindfully is a much simpler way to eat healthy and avoid unwanted weight gain during the holidays!

The Mindfulness Basics

Mindfulness brings the focus back to the food. Have you been surprised at how quickly you ate a bowl of popcorn while watching a movie? This can happen when you are not paying attention to what you are eating.

Here are a few steps to help you eat mindfully this holiday season.

Ponder: Before eating, ponder the question "Am I really hungry?" Sometimes we eat out of boredom or because there is something right in front of us. If



there is something that looks tasty, but you are not hungry – save it for later!

Example: If a co-worker brings treats to the office, take one back to your desk and eat it when you are hungry.

Assess: When you have food in front of you, take a moment to think about it. Think about how it looks, smells, and if it is actually something you want to eat. Ask yourself how the food will make you feel – good, happy, bad, sick?

Slow: Slow it down! Take time to really taste your food. Setting down your fork or spoon after every 1-2 bites makes it easier to tell when you are full.

Savor: Enjoy each bite! Think about the flavors and texture.

Stop: When you are full, stop eating. It might seem obvious, but we often feel a need to eat everything on our plate. Instead, start with smaller portions and get more food as needed.

You can always put leftovers in the fridge if you don't clear your plate.

Mindfulness applies to physical activity too! Choose exercises that make your body feel good and bring you joy! Make a goal to be physically active 30 minutes each day during the holidays.

Adapted from: <https://www.heart.org/en/healthy-living/healthy-lifestyle/mental-health-and-wellbeing/mindful-eating-savor-the-flavor>
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Recipe of the Month

Source: dinnertonight.tamu.edu

How will you add fruit to your holiday feast? Try this tasty, seasonal pear recipe! You may find yourself singing, "...and a partridge in a pear tree!" Pears are in season during the winter months, which means they are at their peak flavor and usually on sale.

Roasted Pears with Nut Oat Crumble

Servings: 8 servings

Ingredients

- 4 Pears
- 1 tablespoon olive oil
- 1/4 cup rolled oats
- 1/4 cup pecans or almonds, chopped
- 2 tablespoon raisins
- 2 tablespoon brown sugar



Photo Source: dinnertonight.tamu.edu

Directions

1. Core and slice pears in half, place flesh side up on an ungreased baking sheet.
2. Brush flesh side of pears with olive oil, bake in oven at 350 degrees for 10 minutes
3. While pears are cooking, combine oats, nuts, raisins, and brown sugar in a bowl until well combined.
4. Remove pears from the oven and evenly distribute topping among the pear halves. Bake in the oven for an additional 5 minutes. Remove and enjoy!

Nutrients Per Serving: Total Cost per serving: 175 calories, 8 g total fat, 1 g saturated fat, 2 g protein, 27 g carbohydrates, 6 g dietary fiber, 18 g total sugars, and 3 mg sodium

Total Cost per serving: \$\$\$

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