



Thanksgiving Survival Guide

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Let's face it

For most people Thanksgiving is synonymous with overeating. ***But Thanksgiving is not the day to diet.*** Eat what you want ... as long as you are enjoying the food!

But for some people, it's not that easy. A few bites of certain foods (i.e. sweets, carbs, or desserts) or just the thought of going off your "diet" can trigger the urge for more. This can snowball into a binge that can last for days or even weeks.

It can be even more difficult if you are going home for the holidays. It's one thing to overeat at a single meal, but to be faced with leftovers for 3 days?



It is important to think ahead, and plan for how you will handle this holiday, both from a practical, as well as, a psychological standpoint.

Keep in mind is that overeating one day will not wreck everything.

**The real problem is when you let this overeating episode make you feel out of control.
This can open the floodgates for overeating for days.**

A misty autumn forest scene with a path covered in fallen leaves. The trees are tall and thin, with some showing vibrant autumn foliage in shades of red, orange, and yellow. The ground is covered in a thick layer of fallen leaves, and the overall atmosphere is soft and hazy. The text "Nutrition Tips & Tricks" is written in a white, cursive font across the middle of the image.

Nutrition Tips & Tricks

The Day Before

1. Get into the right mindset. Thanksgiving is a day to enjoy with family and friends. Put the focus more on being thankful for what you have versus how much you can eat.
2. Give yourself permission. Thanksgiving Day is not the time to be strict and rigid with your diet. If you don't have the right mindset, it's likely you'll beat yourself up mentally if you do end up eating more than planned. This will only lead to continued eating aka a binge.
3. Try to get in a really good workout the day before Thanksgiving. This can help you feel more on a healthy track.



Tips For Success



4.

Know yourself. If you know that eating certain foods (desserts, stuffing, etc.) will cause you a problem consider avoiding those foods (and make an appointment with me to get rid of those triggers.)



5.

Visualize. Picture in your mind how you will act, and what you will eat. This mental practice will make it easy to resist temptation.

"Failing to plan is planning to fail." Alan Lakein



6.

If you will be spending the day with family or friends, consider bringing a dish or two to the meal. This way you will know for sure there will be several healthy dishes for you to choose from.



Thanksgiving Day

1. Try to fit in an exercise session prior to the meal. Even a 30 minute speed walk will help you feel better physically and more in control psychologically.
2. Don't go to the Thanksgiving meal "starving". This will only lead to eating massive amounts of food. Have a healthy breakfast (preferably one with protein and fiber to help keep you feeling full longer) and perhaps a light snack – depending upon what time the meal is served.
3. Be careful around appetizers. They often contain as many calories as your meal. While waiting for the meal to be served, don't plop yourself down next to the cheese wheel or the chips and dips - mingle. Remember this is about friends and family.

4. Limit alcohol. Alcohol can decrease your discipline to watch what you eat.
5. When filling your plate, be discriminating. Don't feel like you need to (or have to) sample every dish. Stick to moderate portions of your favorite foods. Why take the creamed spinach made by your Aunt if you don't even like spinach?
6. Decide how you want to feel when you're done eating. Stuffed and miserable? Or comfortable and content? Then fill your plate (or order) accordingly.
7. You can eat more later or at another meal, so remember that there's no need to eat as though this is your last supper. When you eat it all now, you risk ruining an enjoyable meal by being too full.
8. Focus on vegetables and turkey breast or ham. Take smaller portions of the other calorie dense, and carb-heavy foods such as stuffing, gravy, cranberry sauce and candied sweet potatoes.





9. Practice mindful eating. Eat very slow and savor each mouthful. Allow yourself to take small portions of your favorite foods – but enjoy them.

10. Engage in a lot of conversation while having dinner. Talking slows down your eating pace.

11. Think twice before taking seconds. Are you already feeling comfortably full? Think about how stuffed you'll feel if you continue to eat. The second portion won't taste any different than the first!

12. If you crave sugar, plan ahead how you will handle the desserts. Maybe allow yourself one dessert or 3 "slivers" that equal one dessert.

13. If your host offers you a doggie bag as you are walking out the door, tell them you would like turkey and veggies but decline the desserts and sides.

14. If you are the host, do your best to give all the craving-inducing dishes away in doggie bags. Less temptation for you!



15.

Avoid the mindset that “I’ve already blown my diet, so I might well as continue eating”.



16.

Get out and take a walk after dinner.



17.

Avoid the temptation to have a second Thanksgiving meal a few hours after the first one!

The Day After



1.

Do not weigh yourself the day after Thanksgiving. The extra sodium and carbs may cause your weight to temporarily jump up 3 pounds. Wait at least 3 days.



2.

If you end up eating a lot more than you planned, don't beat yourself up. Tell yourself it was one day and get back on track the next day.



3.

Focus on healthier left-overs, and getting back on track. Allow yourself one "treat" per day if you must, but try to keep it small and focus on simple treats.



Have a Happy Thanksgiving!

Happy Holidays!

THE HOLIDAYS ARE A TIME TO FOCUS ON THOSE WE LOVE AND ALL THAT WE ARE GRATEFUL FOR. DON'T STRESS OVER YOUR DIET AND ANY SLIP-UPS YOU MAY MAKE.

I'M HERE TO SUPPORT YOU AND GET YOU BACK ON TRACK.

ALL YOU HAVE TO DO IS REACH OUT, GIVE ME A CALL, OR DROP ME AN EMAIL.

I'M HERE FOR YOU.

Angie Fischer Kralich

BOARD CERTIFIED HEALTH COACH

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