



How to Avoid Overeating, Maintain Healthy Habits, and Enjoy the Festivities!

Navigate social events and family gatherings without the stress of unwanted weight gain. Here's how to stay on track and make amazing memories with your loved ones, all while keeping your health in check!

8 Essential Tips

1

Don't Skip Meals To "Save" For Big Events

Have a protein-rich, fiber-filled breakfast with healthy fats to regulate blood sugar. Skipping meals often leads to overeating later on.

2

Stay Hydrated

Sometimes thirst is mistaken for hunger. Staying hydrated helps you distinguish between the two, ensuring you don't eat when your body just needs water.

3

Prioritize Sleep

Lack of sleep can lead to cravings for sugary, high-calorie foods. When you're well-rested, it's easier to make healthier food choices.

4

Eat Slowly

Your brain needs about 20 minutes to realize you're full. Eating slowly helps control portions, preventing overeating.

5

Indulge Throughout the Year

Allow yourself moderate indulgences outside of holidays. This helps avoid the "all-or-nothing" mindset, which can lead to overeating during special occasions.

6

Fill Your Cart With Fresh Produce

Fresh fruits and vegetables are high in fiber, aid digestion, and help regulate blood sugar levels. They balance out the richness of holiday meals.

7

Balance Indulgence with Healthy Choices

Include plenty of vegetables and fruits alongside heavier dishes. This creates a balanced, nutritious meal that's still enjoyable.

8

Healthy Swaps for Holiday Staples

- Use low-sodium vegetable broth instead of butter or margarine.
- Replace oil or margarine with applesauce.
- Swap sour cream or mayo for Greek yogurt.
- Try sliced almonds instead of fried onions for a crunchy topping.
- Substitute traditional stuffing with quinoa and plenty of vegetables.

Join Our Holiday Course!

Sign up for our upcoming holiday course, packed with nutrition tips, morning movement exercises, and a supportive Embree Wellness community to keep you motivated through the season.