



Eating for the non-holiday days

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This time of year there are so many tips on “healthy holiday eating.” Our diet culture has created this illusion that what we eat on the holidays make or break our diets, our health. We are then left with 2 possible scenarios. 1. We skip out on some of our holiday favs and eat other foods that don’t have the same traditions and meaning to them. 2. We eat our traditional holiday foods anyway and leave the table with an aftertaste of shame or guilt for eating the foods we “shouldn’t” have.

Here's the deal. Just like 1 day of healthy eating doesn’t drop the weight or significantly improve health. 1 day of less-healthy eating doesn’t do the opposite. It’s what we eat consistently, majority of the time, that has an overall impact on our health. So maybe, just maybe this year we shift the focus and leave our holiday eating alone. Food has a significant part in our celebrations and traditions. These foods give us joy, comfort, a sense of belonging and family, a chance to share precious memories of loved ones who have passed. There are so many messages out there telling us this is not ok. The truth is, there is nothing wrong with the role food plays in our holidays.

I do understand that some people want to continue a healthier-focus of eating during the holiday season. I’m going to challenge diet culture and say this is as simple as being more aware of your eating on the non-holiday days during this time of year. Respect this time of year usually is busier and some of us get out of our routines so now is not the time to try a restrictive diet (although is there ever a time to start a restrictive diet??). Do small, simple steps to change your eating. Maybe add in some veggies to one of your meals, grab fruit as a snack instead of something from the vending machine, drink a glass of water before your morning coffee....etc. Bottom line, find little changes and allow the rest of your eating this season, especially on the holidays, be exactly what it is. That’s okay.

I wish you a very joyous holiday season filled with all of the foods that warm your heart from the inside out