

Holiday Eating Checklist

Steps to avoid emotional eating this Thanksgiving.

- Remember Checklist (Good job!)
- If possible, take time to move your body in a way that you enjoy.
- Don't try to "save" calories by skipping meals. Reduce craving and overeating later in the day by having a balanced breakfast.
- Gratitude can reduce negative emotions that lead to over and under eating.

Write down two things you are grateful for today:

1. _____

2. _____

- Think about your day ahead. Think about your favorite foods.

Write down a few things you hope to enjoy mindfully and guilt-free today:

- Remind yourself that Thanksgiving is not the end of the world. You can have pie anytime you like. You do not need to overindulge. You do not need to restrict.
- Consider some of your emotional triggers that lead to over or under-eating. Plan different methods to deal with these triggers (take a walk, call a friend). Remember, food is not a productive way to manage emotions.
- Eat and enjoy a wonderful dinner. Eat to fullness.
- The "diet" doesn't need to start tomorrow. You do not need to carry guilt with you.

Thank your body for getting you through the day and move on with your life.