

Tips for healthy eating during the holidays



Navigating food choices during this festive season can feel overwhelming, especially when you're trying to maintain balance. If you've ever felt guilt or anxiety around holiday eating, you're not alone. This season let's explore how to enjoy food with confidence and find a healthy balance—without the guilt.

- ✓ **Practice mindful eating:** While indulging is common during the holidays, mindful eating can help you feel more in control and in the moment. Focus on the experience: savor each bite, notice the flavors, and enjoy the company around you.
- ✓ **Stay nourished throughout the day:** Skipping meals can leave you feeling low on energy and more likely to overeat during festivities. Instead, aim for regular, healthy meals that keep you feeling full and satisfied. Pay attention to your hunger cues and how you feel after eating.
- ✓ **Find your festive food balance:** Instead of focusing on what to cut out, think about what you can add. Including healthy foods—like lean proteins and colorful veggies—alongside your favorite holiday treats can help you feel satisfied and energized. Try enjoying smaller portions of treats or sharing with a friend so you don't feel sluggish.
- ✓ **Enjoy festive sips that feel good:** Staying hydrated is key to feeling your best during the holidays. Choose sugar-free options like water, herbal tea, or unsweetened coffee. If you're looking for something more festive - try sparkling water with fresh cranberries, a splash of citrus, and a sprig of mint—it's refreshing, beautiful, and fits the season.
- ✓ **Set yourself up for success:** If you're cooking, consider adding healthy options to the menu to support balance. Plan a few balanced meals for the week or offer to bring a nutritious dish to an upcoming event.
- ✓ **Give yourself grace:** While the holiday season can be a time of joy, it may bring feelings of stress, grief, and loneliness. Some people respond to the stress by drinking too much or over-eating/under-eating. Don't be afraid to reach out for guidance or support.



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*This is not a crisis / suicide hotline. If you or a loved one are experiencing suicidal thoughts or ideations, call or text 988 for the 988 Suicide and Crisis Lifeline.

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