

BEST PRACTICES FOR HOLIDAY EATING

It is not realistic to expect you'll have absolute full control over your nutrition habits all year long. This resource is intended to help you manage expectations and set appropriate intentions for when you are unable to diligently track and hit macro targets.

Illustrated below is a spectrum that outlines example behaviors that you might adopt at different points of your journey. Use this spectrum as a guide to set small, realistic goals to stay committed to your bigger health vision during holidays and celebrations.



BEHAVIORS OF A PERSON WHO IS LEAST ADHERENT	BEHAVIORS OF A PERSON WHO IS MODERATELY ADHERENT	BEHAVIORS OF A PERSON WHO IS MOST ADHERENT
Does not attempt to make macro balanced meals	Attempts to make macro balanced meals by identifying some protein-, fat- and carbohydrate-containing foods	Always makes macro balanced meals with protein-, fat- and carbohydrate-containing foods
Does not attempt to eat whole, real foods	Chooses less nutritious options than what is typical, but still eats mostly whole, real food based meals, makes more exceptions for alcohol and treats	Chooses whole, real foods most of the time, minimizes alcohol and treats
Does not attempt to avoid trigger foods*	Attempts to avoid trigger foods* when convenient to do so, but makes some exceptions	Avoids trigger foods* to the best of abilities
Does not track macros	Loosely tracks macronutrients to stay accountable but does not attempt to hit targets; intuitively eats needs; tracks protein only	Diligently tracks macronutrients and attempts to hit daily targets
Does not eat before celebratory/holiday meal in an attempt to "save calories and macros"; arrives starving and risks overeating	Eats something small before celebratory/holiday meal so as not to arrive starving	Eats protein + non-starchy vegetable rich meal before going out because protein portion will likely be inadequate
Does not attempt to be physically active	Attempts to be active; might walk for transportation; finds at-home or travel-friendly substitutions for regular workouts	Seeks out physical activity where possible; engages in regular workouts and adheres to typical schedule
Does not continue supplement regime or make an attempt to have convenience products available	Attempts to continue supplement regimen and make a plan to have convenience products available to fill potential gaps in nutrition	Continues supplement regimen; visits grocery store to ensure both whole foods and convenience products are available to fill potential gaps in nutrition
Ignores hunger and fullness cues, eats to 120% full	Honors hunger and fullness cues, eats to 100% full	Honors hunger and fullness cues, eats to 80% full
Eats and drinks everything served, eats food out of guilt or pressure; does not avoid overeating	Attempts to share food, take small bites and/or bring some of the meal home to avoid overeating needs.	Eats foods that are very much desired and avoids those that are not; does not eat foods that are just "ok" or could be found at any other time to avoid overeating needs
Drinks alcohol because there is pressure from others; does not attempt to make or stick to a plan for alcohol	Makes a concrete plan for alcohol and sticks to that plan	Chooses not to drink alcohol