
EAT WITH INTENTION™

Holiday Mindful Eating Toolkit

Simple tools to help you choose, taste and enjoy holiday foods with greater awareness - without guilt or all-or-nothing thinking.

ENJOYMENT WITH AWARENESS

Holiday eating doesn't have to be a choice between restriction and overindulgence.

You can enjoy foods you love, participate in traditions, and still remain connected to your body's signals.

Intention changes the experience.

This toolkit isn't about eating perfectly. It's about being present enough to choose, taste, enjoy and notice when you've had enough.

Dr. Hilda Obi, DNP

Holiday Wellness Toolkit

My Holiday Hunger Check-In™



Before you eat, take a brief moment to notice what is happening in your body, mind and environment. There is no wrong answer; the purpose is awareness.

WHAT AM I EXPERIENCING RIGHT NOW?

- | | |
|---|--|
| ☐ Physical hunger | ☐ A specific craving |
| ☐ Stress | ☐ Boredom |
| ☐ Excitement | ☐ Habit |
| ☐ Food is simply available | ☐ Someone offered me food |
| ☐ I don't want to miss out | ☐ I'm genuinely looking forward to eating |

Where do I notice hunger in my body?

What food sounds satisfying right now?

What else might I need?

- | | |
|-----------------------------------|---|
| ☐ Food | ☐ Water |
| ☐ Rest | ☐ Connection |
| ☐ A break | ☐ Comfort |
| ☐ Movement | ☐ Nothing else - I simply want to enjoy the food |

Wanting a holiday food does not automatically mean something is wrong. Awareness gives you more information; it does not require you to say no.

Build a Satisfying Holiday Plate™

BUILD FOR SATISFACTION

Start with what you actually want. Then consider what will help the meal feel both enjoyable and satisfying.

PROTEIN Turkey, chicken, fish, lean meats, beans or another preferred protein.	COLOR + FIBER Vegetables, salads, fruit and fiber-rich sides.
TRADITION + COMFORT Stuffing, dressing, potatoes, macaroni and cheese, casseroles, breads or culturally meaningful favorites.	PLEASURE Dessert or another special food you genuinely want.

A balanced plate can include celebration foods.

The foods I definitely want on my plate:

Foods I can take or leave:

Something nourishing I want to include:

Balance is not about making every plate look identical. It is about creating a meal that supports satisfaction, nourishment and enjoyment.

The First-Bite Pause™



Before moving automatically through the meal, give yourself a few seconds to arrive in the experience.

PAUSE. NOTICE. TASTE.

LOOK What do I notice about the food in front of me?

SMELL What aromas stand out?

TASTE What flavors, textures or temperatures am I experiencing?

SLOW Can I give myself enough time to actually enjoy this?

NOTICE Is this as satisfying as I expected?



You waited all year for some of these foods. Give yourself enough time to actually taste them.



One flavor, texture or food I want to slow down and really enjoy:

The pause is not a rule that delays eating. It is simply a way to bring your attention back to the meal.

The Holiday Satisfaction Scale™



Hunger and fullness matter, but so does satisfaction. Use this scale as a gentle check-in rather than a scorecard.

1	Very hungry
2	Hungry
3	Ready to eat
4	Comfortable and enjoying the meal
5	Satisfied
6	Comfortably full
7	Very full

BEFORE EATING

Where am I? ____

HALFWAY THROUGH

Where am I? ____

AFTER EATING

Where am I? ____

Am I still hungry?

Am I still enjoying the food?

Would another bite increase my satisfaction - or am I continuing because it's there?

Worth-It Foods™



NOT EVERY HOLIDAY FOOD DESERVES SPACE ON YOUR PLATE.

Not because a food is "bad," but because you don't have to eat something simply because it is available. Give more attention to the foods you genuinely value.

ABSOLUTELY WORTH IT

Foods I love, look forward to, or associate with meaningful traditions.

MAYBE

Foods I'll choose if they look especially good.

NOT IMPORTANT TO ME

Foods I usually eat just because they're available.

MY THREE CAN'T-MISS HOLIDAY FOODS

1.

2.

3.



Save room for what you love instead of filling up on what you don't care about.

Seconds With Intention™



Seconds are not "bad." The goal is to create enough of a pause to decide whether more food would add to your enjoyment and satisfaction.

BEFORE GOING BACK...

- Am I still physically hungry?
- Am I satisfied yet?
- Is there something I didn't get to taste?
- Am I going back because everyone else is?
- Would I enjoy more now - or enjoy it more later?

YES, I WANT MORE.	Take more intentionally and enjoy it.
I'M NOT SURE.	Wait a few minutes and check again.
I'M SATISFIED.	Move away from the food and return to the celebration.

If I choose seconds, what do I most want more of?

There is no morally superior choice here. The win is making the decision consciously rather than automatically.

EAT WITH INTENTION™

Enjoy It & Move Forward™



You ate the pie.
You enjoyed the stuffing.
You had seconds.

Maybe you ate more than you intended.

The next step is not punishment.

You don't need to skip tomorrow's breakfast.
You don't need to "burn it off."
You don't need to declare the entire weekend ruined.

Your next choice is simply your next choice.

AFTER THE CELEBRATION

- | | |
|------------------------------|---------------------------|
| ■ Hydrate normally | ■ Return to regular meals |
| ■ Move because it feels good | ■ Rest |
| ■ Notice what worked | ■ Learn from what didn't |
| ■ Continue | |

Something I genuinely enjoyed:

Something I learned about myself:

One choice I want to carry forward:

Enjoy the memory. Release the guilt. Continue your journey.

NEXT IN YOUR HOLIDAY WELLNESS TOOLKIT

MOVE & FEEL GOOD™

Simple ways to keep your body moving, support your energy and feel good throughout the holiday season.

Educational wellness resource; not a substitute for individualized medical care.