



Thrive Through the Holidays

Enjoy, Nourish, and Stay Balanced

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The Holidays Are Here!

- A time for joy, connection, and celebration
- Although, it can challenge our healthy habits
- Goal: Learn practical strategies to enjoy the season without guilt



Common Challenges

- Stress, travel, and disrupted routines
- Skipping meals leading to overeating later
- Overindulgence in sweets, treats, and drinks
- Pressure to “eat everything” or feel guilty
- Less time to prepare healthy meals at home.



Travel Healthy Arrive Happy

- Traveling via Plane
 - Pack a reusable water bottle, empty it before security refill once through security.
 - Pack healthy snacks; trail mix, fresh fruit, wraps, energy bites
 - Walk around the airport
 - Avoid alcohol
- Traveling via Car
 - Pack water
 - Pack snacks and/or meals in a cooler
 - Have a go-to quick restaurant on the way that has healthier options.



A woman with curly hair is shown in profile, eating a chocolate-covered treat with white filling. She has her eyes closed and a peaceful expression, indicating she is savoring the food. She is wearing a yellow long-sleeved shirt under blue denim overalls. In the background, other people are seated at a table, but they are out of focus. The setting appears to be a casual dining area with a wooden table.

Eat Mindfully Enjoy Fully

- Slow down, savor each bite
- Notice hunger and fullness cues
- Focus on flavors, textures, and company, not just food



Balance & Smart Swaps

Indulge Without Overdoing It

- Swap creamy sauces for lighter versions
- Choose roasted or steamed sides over fried sides
- Portion control; small tastes to enjoy variety
- Build a balanced plate;
 - $\frac{1}{4}$ plate protein
 - $\frac{1}{4}$ plate carbohydrates
 - $\frac{1}{2}$ plate fruit/vegetables

Planning Ahead

Setting Yourself Up for Success

- Don't arrive at gatherings starving –have a balanced snack prior to arrival
- Focus on protein, fiber, and water throughout the day
- Prioritize sleep and movement
- Plan indulgences, don't deprive yourself entirely





Staying Grounded

- Keep Wellness in Mind
 - Maintain routines when possible (sleep, exercise, hydration, healthy breakfast)
 - Manage stress through mindfulness (meditation, short walks, pausing throughout the day.)
 - Celebrate non-food traditions and connections
 - Attend tree lighting,
 - Participate in a gift grab
 - Secret Santa
 - Walking to look at Christmas lights
 - Decorate
 - Volunteer (Donate toys or participate in charity events)
 - Ice skating
 - Sledding
 - Holiday 5K
 - DIY Cards, decorations, or gifts
 - Holiday movies, concerts, plays

Tips for Social Settings

Navigating Parties & Gatherings

- Survey the table before building your plate, choose items you truly want.
- Use a smaller plate and avoid multiple trips to the buffet.
- Bring a healthy dish to share.
- Focus on conversation and connections.



Thrive Don't Just Survive

Key Points:

- Mindful eating enhances enjoyment
- Balance and indulgence with nourishment
- Plan ahead and stay grounded
- Celebrate traditions without guilt

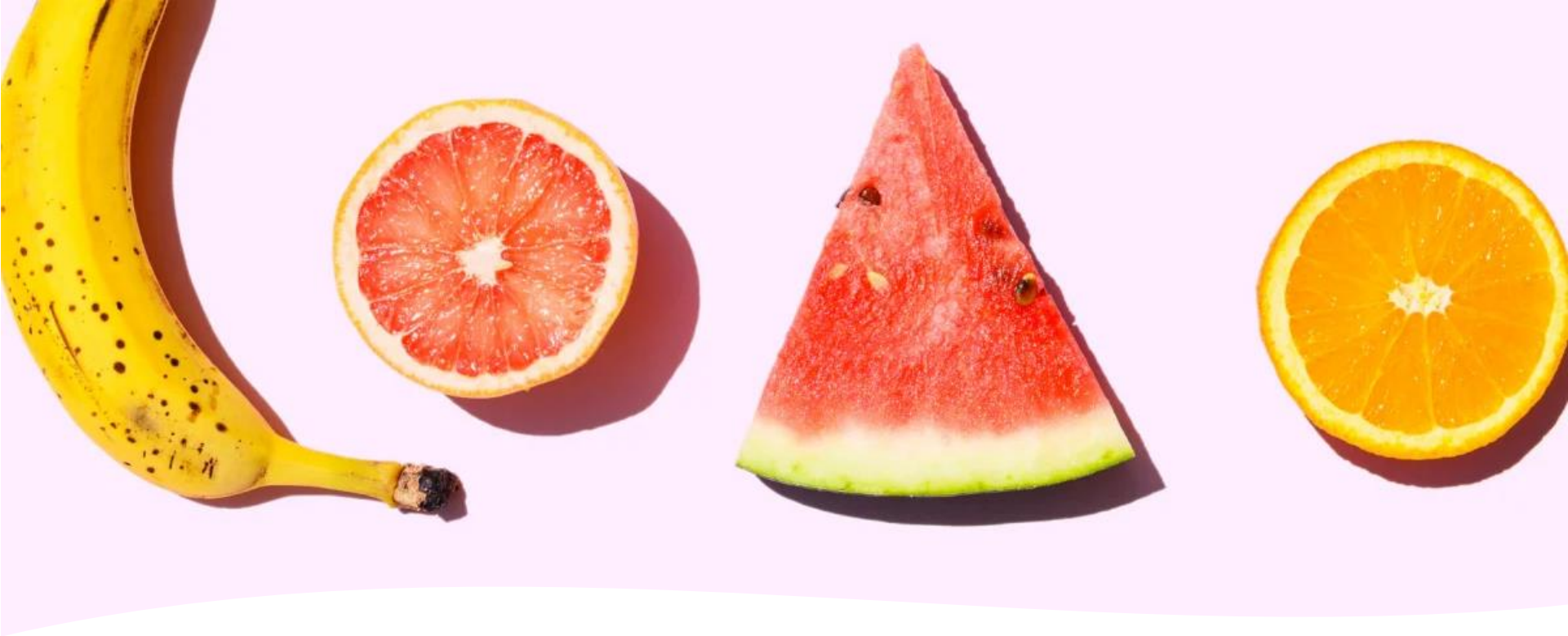


Make This Season Your Best One Yet

Call to Action:

- Choose one mindful strategy today
- Try one healthier swap at your next gathering
- Share your wellness goals with friends or family for support





**THANK
YOU!**

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