HEALTHY HOLIDAYS

What is Mindful Eating?😋🍽️
Mindful eating means paying attention to your food and how your body feels while you eat.

- Notice what your food looks like
- How it smells
- How it tastes
- How it feels in your mouth
- Whether your tummy is still hungry or is getting full

Portions: 🥐🥔🫘🍗a portion is the amount of food you put on your plate. Your body can help you decide how much feels right.

- Start with a small amount
- Take more if you are still hungry
- Leave food if you are comfortably full
- Try something new without having to finish it
- Enjoy special holiday foods

Challenge - Can you build a plate that has foods you enjoy AND different colors or textures?

Eat Together! Family meals aren't just about nutrition. They're also about connection. Here are some things you can do at the dinner table besides eat:

- Talk about your day
- Tell jokes
- Share stories
- Learn about each other's favorite foods
- Practice manners
- Try new foods together

Challenge - Have one screen-free family meal together this week. Everyone gets to share one good thing about their day.

Try this with your family:

- ***Notice 3 things about your food***
- ***Help clean up after a meal***
- ***Try a new fruit or vegetable***
- ***Help prepare a family meal***
- ***Ask your family a question at dinner***