

# Special Occassions

Allina Health Weight Management  
Evening Education Series

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## Calendar fills up quickly...

- Anniversaries
- Celebrations
- Holidays
- Parties
- Seasonal Get-Togethers
- Potlucks
- Weddings
- State Fair
- Travel/Vacations
- Retirements
- Showers
- Calendar celebration days
- Birthdays
- Sports banquets
- Etc.

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## Food for thought...

"Eat how you want to feel"

"Control what you can control"

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## Eat how you want to feel

**Be Mindful of Portions**

- Put food unto plate
- Try to find balance-pro, veg, fiber
- Don't socialize around food

**Eat Slowly**

- Conversate
- Sit down!

**Stay Hydrated**

- Yes, you wouldn't think this but it helps

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## Eat how you want to feel

**Prevent Overindulging**

- Slow down
- Pay attention to hunger and fullness cues
- Stop at satisfied

**Be Mindful**

- Choose wisely
- Be aware of surroundings

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## Control what you can control

**Bring a dish of your own**

- The host will appreciate it!
- Call ahead for menu
- Plan ahead
- Bring a tasty healthier alternative

**Don't "throw away" your entire day**

- One "off" meal or day will not throw you off track

**Don't "save calories"**

- Don't skip meals
- Underesting will cause you to overeat

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Control what you can control

**Eat the foods YOU enjoy**

- Say "no"-politely, of course
- Eat foods that you want to eat
- You are not required to taste everything
- Bring your favorite food to enjoy

**Look for the best choices possible**

- Choose filling foods
- Pick your favorite dessert to enjoy
- Don't overindulge on one food group
- Watch the adult beverages

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Control what you can control

- Continue normal habits
  - Stay hydrated
  - Stay active
  - Focus on high protein meals and snacks
  - Add fiber rich carbs to stay full and satisfied
  - Eat mindfully
  - Routine is key!

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Key Takeaways



BE MINDFUL OF CHOICES AND PORTIONS

PLAN AHEAD TO STAY ON TRACK

CONTINUE TO FOCUS ON YOUR LONG TERM HABIT CHANGES

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Questions?

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