



The Ultimate Guide to

GUILT FREE

Holiday Eating

The Best Advice from
**30+ NON-DIET DIETITIANS
& FOOD THERAPISTS**
for Savoring EVERY Holiday Bite

Dear Lovely Reader,

First of all, thank you for downloading this non-diet guide for savoring every holiday bite! We sincerely hope this helps bring you the knowledge and understanding that a full and wonderful holiday food experience is possible! In fact, it is your right - but unfortunately, we live in a diet culture that sends us messages about foods being good or bad, and that our bodies should look a certain way.

As food-loving women and nutrition experts...we fully understand and embrace that this struggle exists. In a time when delicious food should be brought to the table - the holidays often bring stress and anxiety instead. Together, we have refused to accept this new holiday norm and instead have gathered our best advice for bringing the joy and peace back to this time of year.

May this guide bring you comfort, permission and guilt-free eating.

Cheers to food freedom!



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I give you permission to eat the foods you enjoy this holiday, surrounded by friends and family you love. Slow down and enjoy every bite - you may find you are satisfied sooner. And remember...pumpkin pie is available all year round - not just at Thanksgiving. Understanding this will reduce the feeling that you have to eat #allthepie right now!



”

Christin Morgan, MS RDN CSG

Founder of #MyDietRebellion

CLICK HERE to connect on IG! --> @christinmorganRD

www.christinmorgan.com

“



The truth is, food is stressful around the holidays, not because of decadent desserts and casseroles but because of the way we talk about and interact with food all year long. Remember to have self-compassion for yourself around food this season and take this opportunity to non-judgmentally learn more about your relationship with food. It could be the start of a more peaceful food experience all year long!

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Lindsey Stenovec, MS RD CEDRD

IG @thenurturedmama

<https://thenurturedmama.club/free-holiday-audio-series/>

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Don't starve yourself the day of a holiday just because dinner will be big! Your hunger in the morning still deserves a response, and it will keep you getting so hangry that you eat everything fast at dinner - being "gently hungry" once the main event starts will let you enjoy your food and preserve your mindset to actually pick out what you enjoy!

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Amy Hanneke, RDN, LD

IG @satisfy.nutrition

www.satisfy-nutrition.com

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Your body is designed to eat and appreciate a wide variety of foods: Don't let holiday messaging disconnect you from what your body truly desires. Both you and your body will be happier and healthier if you allow yourself to eat according to your tastebuds.

Real food is real good. And ALL food is real food.

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Anna Sweeney, MS, RD, LDN, CEDRD-S

IG @dietitiananna

“ Experiment with permission and compassion this year. Give yourself the permission you need to enjoy all the emotions that foods and experiences during the holidays can bring up and the compassion you need to take care of yourself. There is no right way to eat, but you can practice slowing down and really savoring the moments spent with good family/friends and good food. ”



Ashley Munro, RD CDE
IG: @apinchofgrace



Leticia Jones, MS, RD, CHES, CLC
IG: @Multisense.RD
www.multisenseRD.com

“ Coming together with family, friends or even relishing in some solo time is just what we need during the holidays. Having delicious food makes it even better. So as you start to put food on your plate, remember 1) Take your time and savor your food. 2) Listen to your body before you reach the point of discomfort. 3) Relax & ENJOY! ”

“ This time of the year food is marketed as “special” and it’s easy to believe that this will be the only time you’re able to have certain foods. This thought is a form of deprivation, which disconnects you from the ability to eat mindfully and truly savor your food. Even when it feels like the food is special or limited- remember you can have it again, you can get the recipe, you can order more and take it home, you can go back, you can have more! This helps you to stay mindful, enjoy your food, and the celebrations! ”



Sara Upson, M.Ed, RD, LD, CEDRD
IG @mysignaturenutrition
www.mysignaturenutrition.com



Natalie Thompson, APD
IG @nataliethompson.apd
<https://delectabledietetics.wordpress.com>

“ The holiday season is once a year. If you find you’re losing your intuitive eating rhythm, it really isn’t the end of the world. Reflect on how far you’ve come. Comparing your previous nutrition behaviours with your new healthier habits is a great motivator to let go of any guilt around food and eating that has been subconsciously programmed from diet culture. ”

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There are so many dishes served around the holidays. It can be easy to feel obligated to try them all, resulting in eating past fullness. This year, choose the foods you love or some new ones that sound interesting and give yourself the permission to say no to the ones that don't interest you. In doing so you won't feel deprived AND you will be respecting your body.”



Katie Chang, MS, RDN

IG @balancednutritionllc

<https://www.balancednutrition4you.com>



Kara Golis, RDN

IG @bytesizednutrition

www.bytesizednutrition.com

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Approach each day and each eating occasion just like you would any other day by listening to your body and honoring your cravings. Avoid the "all or nothing" mentality that often accompanies holiday gatherings by allowing yourself unconditional permission to enjoy any type of food ("indulgent" or not) both inside and outside of these social settings.

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It is important to write a list of 5 different coping skills you can use when feeling the urge to restrict, overeat, or purge do those five things instead to help you deal with overwhelming emotions you may feel during this time”

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Dr Stephanie Waitt, LPC

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The holidays are about experiences, not things. As cliché as that saying is, when you apply that outlook towards food and holiday meals it takes away the stress around eating and puts the focus back on the important part of this season! I encourage you to shift your mindset to focus on the experience of eating a holiday meal together and spending time with loved ones, and savor all those tasty holiday treats!”

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Emily Holdorf, MS, RDN, LDN

IG @emily_the_rd

www.empowerednutrition.org

“ Feast in the moments by enjoying guilt free, compassionate eating, family/friend time, and taking lots of pictures so you can re-savor the delicious moments in years to come. If you're not happy with your body, it's okay...snap the pictures anyway! Capturing these moments in time are priceless and no matter where you are in your journey, they will likely be remembered with fondness in the years to come.



Michelle Vina-Baltsas, CHHC
IG @michellevinabaltsas
www.michellevinabaltsas.com



“ Holidays are a time for gathering with friends, family, and loved ones. We know that thinking about restriction takes a lot of brainpower, which can draw focus away from a special time. So slow down, relax, take time to have conversation, enjoy food, and listen to what your body is telling you. ”

Pilar Bemus, MS, RDN, LDN
IG @rd_pilar

“ Be compassionate with yourself! The holiday seasons are stressful for many reasons so be gentle with yourself and try to recognize what it is you truly need. You are allowed to eat as much as you want; you are allowed to stop and have more the next day. You have complete and unconditional permission to do whatever it is that you need to take care of yourself! ”



Meghan Kacmarcik, RDN, LD
IG @newmoonrd
www.newmoonrd.com



“ If you are feeling stressed about food over the holidays, remember this: there are no good or bad foods. Some foods nourish the body, while others nourish the soul. Including both is a way to ensure eating is satisfying and pleasurable. Make room for foods you love during the holidays... and all year round! ”

Josée Sovinsky, RD
www.joseesovinskynutrition.com

“ Remember not to place morality on your food choices. Eating a particular food doesn't make you "bad" just like eating "clean" doesn't make you "good." You are allowed to enjoy foods that your body craves, both during the holiday season and throughout the rest of the year! ”



Amy Shen, RDN, LDN
IG @amy.beth.shen
<https://amybethshen.com>



“ Most of us have a few things that really make the holidays the holidays. For me, it is most definitely a cup of eggnog once our Christmas tree decorations are complete. This isn't a food I'd enjoy on a Tuesday in June, but it is so nostalgic and wonderfully Christmas-y to me. Find the special treats that are the most meaningful to your holiday celebrations and take time to truly enjoy them. ”

Angie Dye, MS, RDN, CSSD, LDN
www.carpediemnutrition.com

“ Remember to eat well-balanced snacks/meals leading up to your big festive dinners. By nourishing ahead of time, you can mindfully choose the foods you really love at the event. Be present and savor the food, the company and the atmosphere. Most of all, relax, enjoy and cherish the small moments that make the most meaningful memories. ”



Brooke Mullen, MS, RDN, LDN
IG @ bemullen12



“ When you eat without judgement and eat for enjoyment, because it taste good and makes you feel good, you'll be much more satisfied with food choices ”

Elizabeth Jaramillo-Lopez, RD, LD
IG @lizardlopez

“ Savor memories, find solace in a positive memory, person, place or event during the holiday season and when you feel stress coming on, reflect on this memory. Embrace the function of foods for nourishment of both body and mind. ”



Chloe Davis, MS, RD, LDN, CSN

IG: @nutritrain_rd
www.nutritrainllc.com



“ Permission doesn't just apply to the foods you are going to eat, but that you also have permission to NOT eat those holiday foods you don't particularly enjoy. Be a discerning 'foodie' and choose those foods are going to be pleasurable and satisfying. ”

*Nina Mills, Accredited Practising Dietitian
Certified Intuitive Eating Counsellor*

IG @whatsforeats
www.whatsforeats.com.au

“ Go that extra mile to protect yourself from the toxic messaging from diet culture that always intensifies around the holidays! Turn away from social media, and increase your body diverse feeds. Be kind to yourself and give yourself the gift of becoming your own best friend. Practice self-compassion meditation, and notice judgement (about your body, food, or exercise) for what it is: overlearned diet culture thinking. REJECT that crap, and embrace your glorious, unique self! ”



Louise Adams, Clinical Psychologist

@untrapped_au
www.untrapped.com.au



“ Remember, "All foods fit". When attending your holiday gatherings remind yourself of the truth, your worth is not based on your food choices. You will not be "naughty or nice" based on what you choose to eat from the buffet table. You will simply be nourishing yourself. I encourage you to show up to life this holiday season by eating foods you enjoy and no longer restricting yourself from them an in effect, restricting yourself from living a full life. ”

Jennifer Beasley, LPC
IG @ jenn.beasley.ma.lpc
www.JennBeasley.com

“ Labeling foods or making them "off limits" sets you up to feel deprived and out of control around those foods. The holidays are not your only chance to enjoy mashed potatoes, pie, cookies, rolls, or other foods you enjoy. Giving yourself permission to enjoy these foods at any time reduces stress and guilt around eating, freeing you up to be present in the moment with friends and family. ”



Sydney Cochran, MS, RD, LD
IG @sydneycochran.rd
www.rethinknutrition.net



“ It's tempting to skip meals in preparation for parties or going out with friends, but this sets you up to overeat and starts the shame/guilt/restricting cycle. Eat consistent meals and snacks every day to keep your belly and mind satisfied so that you can fully enjoy the holidays with your loved ones. ”

Kaylee Tremelling, MCN, RDN/LD
IG @the_little_dietitian
www.thelittledietitian.com

“ Food is meant to be as pleasurable as it is nourishing. Cultivate compassion for yourself through your eating experiences by taking the opportunity to learn more about yourself and your body. Adopting a self-compassionate stance toward difficult experiences related to feeding your body can help overcome feelings of guilt with your eating choices. Reclaiming the pleasurable aspect of eating comes with the appreciation of what your body is capable of - including the enjoyment of food. ”



Crystal Karges, MS, RDN, JBCLC
IG @crystalkarges
<https://www.crystalkarges.com>



“ Comments from others like “that’s all you’re going to eat?” or “you’re really going back for seconds?” might introduce feelings of guilt. But remember: you know best when it comes to understanding your own hunger and fullness cues. This holiday season, ditch the negative comments from others and instead say “YES!” to trusting yourself with your food choices. ”

Tori Schmitt, MS, RDN, LD
IG @torischmitttrdn
www.YESNutritionLLC.com

“ Put on your holiday armor. Shield yourself from judgmental glares and offensive questions. Imagine putting on armor to protect you even from yourself; any doubts, fears, or critical thoughts you are harbouring about yourself and your body. You are MORE than your weight. You DESERVE to take up space. And dammit you deserve a second piece of pie if that's what you want, no questions asked!

Food is meant to be enjoyed, so enjoy! ”



Lacey Engel, RD

IG @beyondbabinutrition
www.beyondbabinutrition.com

“ It's okay to like what you like and also OK to not prefer some foods. I'm a pumpkin pie gal myself but definitely not a fan of stuffing. Give your body the trust it deserves that you prefer the foods you do for a reason, and there is no need to force yourself to like something you don't like, or deprive yourself of something you love. Research shows us that we produce less of the stress hormone cortisol when we choose foods we prefer. So enjoy your Holiday foods (pumpkin pie for me please) and enjoy a less stressful Holiday season! ”



Tiffany Haug, MS, RDN, EDOC

<https://www.facebook.com/freedomwithnutrition>

“ Bombarded with information about January's next big diet, it can be easy to worry about how you're eating over the holidays. Give yourself permission to enjoy your favourite foods and remember that you don't have to feel guilty about eating other people's 'forbidden' foods. Also remember that if you eat past the point of comfort that's okay too, this isn't a diet and nobody eats intuitively all of the time!

”



Jess English, RD

www.levelupnutrition.co.uk

“ Experiment with a new recipe, even if you aren't the best in the kitchen! When we invest our time, money, and energy, we have a deeper appreciation as we take pride in experiencing our food. ”



Katie Hake, RDN, CD, CPT

IG @kthake

www.katiehake.com

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Eat regular, satisfying and nourishing meals each day throughout the season, just like you would any other time of year; don't alter or "scale back" your eating in anticipation of holiday gatherings. Set yourself up to savor and enjoy holiday feasts simply because of delicious food and good company, not because you are overly hungry and feeling deprived.



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Katherine Zavodni, MPH RDN

www.kznutrition.com



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Remember to check in with your hunger and fullness cues amid the excitement of holiday parties. This will help keep you feeling satisfied throughout the season! It's OK to go back for another piece of pie and it's OK to turn down another serving of Grandma's casserole. You know your body best!

”

Sara Fagan, RD, LDN

IG @sarafaganrd

www.sarafaganrd.com

“ Mindfulness and Mindful Eating are rooted in many Buddhist teachings, which describe this quality of self-kindness which by definition is “benevolence, loving-kindness, friendliness, amity, friendship, good will, kindness, and active interest in others.” When these qualities are directed toward oneself, a person will begin to experience self-kindness. When these qualities are expressed to oneself as well as others, in equal measure, self-indulgence transforms into self-kindness. Extending self-kindness to your self as you would to a child or a loved one gives you the support and motivation to continue on your non-dieting journey.”



Megrette Fletcher
M.Ed., RD, CDE

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Love yourself a little louder. Drown out the holiday anxiety by turning up the self-love and checking in on what's most important. It's not the food, it's not what you're wearing or how it looks, and it's certainly not the presents; it is being present with those you love, celebrating together and enjoying those moments. So give yourself unconditional permission to enjoy yourself, whatever that might mean to you!”

”

Lillian Yin, RD

IG @crumb.ink

“ Supercharge your awareness and sense of presence with "Pause practice." Aim to put a little time aside each day to come back to yourself, and your body even just a few minutes each day. Notice that voice that says "I don't have time for this!" and gently remind yourself that prioritising your needs and re-engaging with yourself can provide an extra bit of "space" in situations when you're feeling under pressure with food decisions and are at risk of totally freaking out. Every moment of mindfulness, connecting with the present moment, is like flexing your "awareness" muscle and at first, it's best practised in a methodical way away from food. Examples of how you might try this are 1. go outside for a short walk, engaging with your surroundings 2. Find a quiet spot, put on your headphones and listen to 1 song 3. Sit, and breathe (easier said than done!) 4. When you get home/arrive somewhere, before getting out of the car, pause for a few moments. 5. Stretch and breathe in a way that feels good to you. ”



*Fiona Sutherland,
APD, RYT*

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**Happy
Holidays!**