



Holiday Eating Myth:

It's a smart idea to skip meals
ahead of a holiday party to save
calories.

Fact:

Skipping meals can lead to you being extra hungry, making it harder to eat with intention and enjoy the party. It can also backfire and can cause you to eat more overall than if you had eaten prior to the party.



A better plan:

Stick to your normal routine, and eat balanced meals and snacks leading up to the party so you can eat with intention. Enjoy the food and company!

