

A festive holiday meal featuring a wooden table with a plate of cubed cheese, a bowl of soup, and three hands holding glasses of red wine. The background is a warm, orange-toned collage of holiday food and drink.

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

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In preparation for a big holiday party or feast, do not skip meals as this may result in intensified food cravings and/or overeating. Instead, focus on eating regular meals during the day (every 3-4 hours) and rely on your body's natural hunger and fullness cues to help guide you in making your plate.

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Samina Qureshi, RDN LD

Connect with me on IG @WholesomeStartRD

www.wholesomestart.com

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Limiting the amount and type of foods you are allowed to eat turns on the center of the brain that makes you want more food. Trust that your body knows how to process all foods and adapt if you eat past fullness.

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Haley Goodrich, RD LDN

Let's Connect on IG! @hgoodrichrd

www.inspirdnutrition.com

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If and when you start to feel stressed about eating, pause and take a breath. Remind yourself that for the rest of your life you have permission to eat whatever, whenever you want. Only you get to decide what is best for you. Let the food rules and diet police pass you by.

”



Sumner Brooks, MPH, RDN, LD

Click to follow on

IG @intuitiveeatingRD

“As hard as it can sometimes be, focus on staying present this time of year. When you're eating, eat. When you're talking with someone, forget your phone and other distractions and really engage. Try to soak it all the fun holidays things in and by being present, and notice how your level of satisfaction and enjoyment will be enhanced.”



Paige Smathers, RDN, CD
www.paigesmathersrd.com



“Self-care during the holidays has also been about learning to say NO. If something you are tasked with is causing you significant stress, stop and ask yourself, "Why am I engaging in this task and how important is it for me to completed it?" Sometimes saying no is the best way to care for ourselves.

Amber Madden MA, LPCA, EDS
<https://www.maddenwellnessky.com>

Those that truly love us will learn to understand our boundaries and why we need to set them.”

“Keep your kitchen stocked with meals and snacks-- it's easy to forget to eat when you're busy running errands, cleaning the house for company, shopping for presents, etc. Skipping meals during the day can lead to you feeling over hungry at night. Pay attention to when you feel hungry during the day!



Emily Weeks, RDN, LDN
www.zenandspice.com



“Take a moment to zoom out and consider what the holiday season *really* means to you - I'm assuming it's not restriction or weight loss! Use that to help you set an intention to guide you throughout the holiday season.”

Vincci Tsui, RD, Certified Intuitive Eating Counselor

Click to follow on IG: @VincciRD
www.vinccitsui.com

“Nourishing ourselves goes beyond what we eat. It includes how we care for ourselves, and during the holiday season especially, this is essential. Making space for enjoyable activities, surrounding yourself with people who support you, and creating healthy boundaries can add peace rather than stress to this busy time of year.”



Samantha Lewandowski MS RD LDN

www.bigpictureRD.com



“Enjoy a wide variety of foods year-round, instead of just during the holidays. Tasty, rich, savory foods and sweets are foods that you can eat at any time and they can be deeply satisfying and bring a lot of joy. Give yourself unconditional permission to eat what sounds satisfying to you in the moment without any judgement or shame.”

Lindsay Sparks, RDN, LD

Connect on IG @feedyourspark

www.feedyourspark.net

“The holidays are a time to celebrate with family and friends. Give yourself permission to enjoy your favorite foods and beverages without guilt or limitations. You see, when we place something "off limits" to us, it becomes more and more appealing.. It's okay to eat what you want, when you want, while you enjoy the company of friends and family.”



Karla Moreno-Bryce, MDA, RD, LD

www.nutritiousvida.com

@nutritiousvida



“Use all 5 senses when enjoying a meal: 1) Plate your meal to be visually appealing to you. 2) Enjoy the aromas coming from each food option. 3) Listen in to engaging conversations or holiday music while eating. 4) Enjoy the warmth your meal brings you and the texture of every food item. 5) Taste and savor every bite :)”

Gisela Bouvier, MBA, RDN, LDN

www.bnutritionandwellness.com

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There can be a lot to be grateful during the holiday season, but few of us show our gratitude toward our own bodies. Take some time to write down either: what your body allows you to do OR what you're grateful for about your body. Not what it looks like, but instead what it allows. We often think of our bodies as objects, not the instruments they are to allow us to do incredible things. This can be difficult, give yourself the space to fumble through it.



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Rebecca Clyde MS, RDN

www.nourishnutritionco.com



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Celebrate life's moments in the moment. There's plenty of time to get the nutrients we need to feed our body's cells. But occasions such as the upcoming holidays are the times to savor the foods and social interactions that make us happy.

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Tamar Rothenberg MS, RDN

www.tamarrothenbergd.com

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At a buffet this holiday season try out first surveying all of the food available, maybe even take smaller servings to taste everything you're interested in, then go back for more. If you're still hungry to just get the foods that were satisfying. You do not have to be a people pleaser when it comes to your eating!



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Lauren Cash, MA, MS, RDN

IG: @youareherco
www.youareher.co



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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

“ Think about the last time you had a “gut feeling.” In an effort to form a loving relationship with our belly, try to start or end your holiday days with a meditation focused on your belly. Sit or lay down in a comfortable position. Place your hands gently on your belly and feel it rise and fall with your breath. Practice an intention like, “I am enough,” or “I love my body,” as you breathe. When you find yourself in a difficult situation at the dinner table, remember that your intuition lives in your belly. Feel its rise and fall. Listen to what foods nourish your body and mind. Give yourself permission to listen to your gut and know that this is the right decision for you. ”



Julie Wise, MS, RDN, CDE

www.westshoreprimarycare.com/physicians/julie-wise/



“ As you set out for the holiday meal remember that it’s only one day. Treat the day just like any other day. Take a moment to plan to feed yourself. This might mean planning to have 3 meals and maybe even a few snacks to help manage your hunger and fullness. ”

Dana Snook, RDN, LDN, CJC

www.danasnook.com

“ Remember that no single meal or snack (or drink or dessert) will make you “unhealthy!” Sticking to the foods that we deem “healthy,” instead of giving ourselves permission to eat what we enjoy and eat to satisfaction, will leave a lot to be desired. Try to notice what you consider “unhealthy” and why, and try removing that filter from your food decisions. There’s room for all of it. ”



Heather Caplan RD

www.heathercaplan.com



“ Start the way you wish to go. In other words if you make your everyday eating mindful, enjoyable, and satisfying, then the Holidays won’t be much different. ”

Adina Pearson, RD

www.adinapearson.com

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Give yourself credit. It is so easy for us to build long "To-Do" lists over the Holiday's, which often leave us feeling stressed. Take time each day to give yourself credit for what you have accomplished by creating a compassionate, "I Did" list, either in a journal, out loud to a friend, or in your own space. Try to notice and include ways that you took care of yourself during all of the "hustle and bustle." ”



Elizabeth Cotter, MPH, RDN
<https://www.cielohouse.com/>



“ Be choosy about the foods you eat! With so many delicious options available at holiday parties, listen to your taste preferences and cravings in that moment, and focus in on the foods that actually appeal to you. This increases your satisfaction, which makes it easier to stop at "comfortable full," rather than eating all the way to "overly stuffed." ”

Ashleigh Partin, MS, RDN, LD
ashleigh@ashleighpartinnutrition.com

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Embrace the fact that food has many roles for our bodies! In addition to providing us with nutrients, food also offers us opportunities to get together, nurture our relationships, and satisfy our taste buds. In terms of our overall health, the emotional stress of applying food rules can definitely outweigh nutritional benefit. While there are many ways to "eat smart" over the holidays, it's important to allow yourself grace to enjoy the rest of the season too. ”



Kirstie Bylenga, RD
Connect with me on IG @kirstie.rd
www.kirstierd.com



“ Holidays can be stressful , joyful, lonely, or sad for some people. Holidays are also a time when food is the focus of celebration . It is perfectly healthy and normal to eat based on emotions, so don't judge yourself. Instead, use this opportunity to practice other ways to cope without using food . ”

Rhonda Krick, MA, RD
www.rhondakrick.com

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Don't forget that it's still important to eat the day after "over-indulging." Days with lots of yummy foods are what life is all about and is a part of normal eating. Don't take that experience away from yourself by punishment the next day. Instead, work on slowly finding your way to back to balance - it will be there waiting for you.”



Marissa Campanella, RDN, LDN

Connect on IG @ @thrivenutritioncounseling
www.thrivenutrition.org



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Remember these two words to guide you through the holidays – intention and attention. Set an intention before sitting down for a meal by pausing and considering how you'd like to experience the wonderful food you're about to eat and how you'd like to feel when you're done. Pay attention to hunger/fullness cues, choose foods you truly love or want to try, savor and enjoy each bite.”

Gretchen Zimmermann, RD CNSC

Connect on IG @happygohealthyrd
www.happygohealthyrd.com

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Make a plan ahead of time and stick to it. Maybe your plan is to indulge for one day, or to watch your portion sizes. Whatever you decide to do, do it intentionally and make your plan before the holiday.

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Stacy Lewis, MS, RDN, LD

www.thefruitfuldietitian.wordpress.com



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It is perfectly ok to be alone during the holidays. A solo holiday meal can be a wonderful way to honor yourself and all you do. Give yourself permission to embrace solitude and also to seek connection when you need it.”

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Minna Schotten, MS, RDN, LDN

www.acornRDN.com

“ Try to keep up with routines. I find that many people have one indulgent day and assume all healthy habits may as well be abandoned for the rest of the holiday season. Instead, try approaching the next day as you would any other – energizing breakfast, maybe some movement. You are doing the best you can! ”



Leanne Ray, MS, RDN
www.LeanneRay.com



“ The Holidays are some of the best days of the year, and they should be filled with joy, not anxiety. Pair grace with intention when it comes to the food your body is craving this time of year. Listening to your hunger cues without restriction can ensure you feel satisfied, not deprived or overstuffed. And if you happen to be a little too stuffed, that's okay! Your body will adapt, but shame will not make it any better. ”

Alyssa Ardolino, RDN
On IG @gratefully_nourished
www.gratefullynourished.co

“ If the overabundance factor of the holidays gives you great anxiety, consider reaching in your mindful toolbox and remembering that just because the food is there, it doesn't mean you have to eat ALL of it. Respect your body by knowing its boundaries, as well as allowing yourself to find peace in not having to overcompensate for anything. ”



Molly Koch, RDN, CD
instagram @mollytherdn



“ Savor every moment this time of year has to offer while. Relish in the time you get to spend with your loved ones. Really enjoy that dish your grandmother makes, just the way you like and have been looking forward to since last year (and have her teach you how to make it so you can have it year round!). Treasure the traditions, old and new, and go back for a second piece of apple pie, because, man was it delicious. Listen to your body, give yourself permission to take time for yourself as you need to and make memories that you'll enjoy looking back on. ”

Amanda Boyer, MS, RDN, CD
Instagram @amandaboyer_rd