10 Party Tips

FOR HEALTHIER EATING

By 7Core Wellness

- 1 -

Eat something healthy before

THE SPECIAL OCCASION.

Attending with a fuller stomach might help you eat less at the gathering.

- 2 -

Bring a healthy dish

TO THE PARTY.

Then you know before arriving that you will have something healthy to eat.

- 3 -

Provide mostly healthy food

IF YOU ARE HOSTING.

This is a simple way to promote healthy eating in others.

- 4 -

Sparkling water is a light, fresh substitute

FOR A SUGARY OR ALCOHOLIC DRINK.

If you choose to drink alcohol, have one glass of water for every cocktail of choice.

- 5 -

Avoid hanging around the food

TO DECREASE THE DESIRE TO NIBBLE.

When food is within arms reach, it becomes too easy to keep filling your plate or grabbing extra bites.

- 6 -

Eat from a smaller plate

IF YOU HAVE THE OPTION.

The larger the plate, the more likely you are to get more food than you need in order to fill up the plate.

- 7 -

Fill your plate with mostly healthy items

BEFORE ADDING TREAT ITEMS.

For example, 80% healthy, 20% treats. Or for every 4 healthy servings, 1 treat serving.

- 8 -

Get an accountability partner

FOR EXTRA SUPPORT.

If you both attend the same party, you can help each other stay on track.

- 9 -

Be picky about what treats you do eat

AND MAKE THEM GOOD QUALITY.

Don’t waste the calories on something average tasting or, even worse, below average.

- 10 -

Schedule this treat into your healthy eating plan

IF YOU MAKE THIS A TREAT OCCASION.

Planning treat meals gives you something to look forward to & doesn’t leave the rest of the week up to chance.

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FOR THE FULL ARTICLE, GO TO:
WWW.7COREWELLNESS.COM/10-PARTY-TIPS-FOR-HEALTHIER-EATING