

SAVOR THE SEASON

Mindful eating and letting go of food guilt



What is mindful eating?

Mindful eating is the practice of bringing full awareness to the experience of eating.

This can look like tuning in to your body's cues, your senses, and the present moment. Rather than eating on autopilot, mindful eating invites curiosity and connection. This will help you enjoy food, listen to your body and make choices that truly nourish you.

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Senses

A great way to start practicing mindfulness while eating is by paying attention to your five senses. Notice the colors, textures, aromas, sounds and tastes of the food you are eating. By paying attention to our senses, we allow ourselves to enjoy our meal while also being aware of how it makes us feel.

Try it out!

This holiday season, before having seconds or thirds, pause...

Close your eyes
Take three deep breaths
and ask yourself:

How hungry am I right now?

Where do I feel that hunger in my body?

What kind of food would truly satisfy me?

This simple check-in helps align your choices with your body's real needs.





Letting go of food guilt

Food guilt often stems from labeling foods as “good” or “bad,” which turns eating into a moral judgment rather than a nourishing act. Letting go of that guilt means remembering that all foods can fit into a balanced diet. Every meal is an opportunity to listen to your body with compassion, not criticism. Instead of focusing on what you “should” or “shouldn’t” eat, focus on how food makes you feel; energized, comforted, satisfied.



80/20 Rule



We should aim to eat healthy foods 80% of the time and indulge or have less nourishing foods 20% of the time

Enjoy your holiday meals, that counts as part of your 20%!



The power of comfort foods

Comfort foods warm more than your stomach, they light up your brain’s “feel-good” centers. Familiar flavors trigger dopamine and serotonin, the same chemicals that boost mood and ease stress. That’s why grandma’s mashed potatoes or a warm slice of dad’s apple pie can feel like a hug from the inside. Comfort food also connects us to memories, traditions, and people we love. When enjoyed mindfully and without guilt, these foods act as nourishment for both body and soul. So, slow down, savor each bite, and let comfort be part of your holiday season.

DARK CHOCOLATE AND PEANUT BUTTER DATE BARK

Ingredients

- 12-15 pitted medjool dates
- ½ cup dark chocolate
- 1/3 cup peanut butter

Optional toppings:

- Chopped peanuts (1/3 cup)
- Chopped pistachios (1/3 cup)
- Flaky salt



Instructions

1. Line a shallow baking sheet with parchment paper and set aside
2. Remove the pit from the medjool dates and lay them out evenly on your baking sheet
3. Place another sheet of parchment paper over top of the dates. Place a baking sheet, pan or plate over the dates and press down for 30 seconds to flatten them out. A rolling pin would also work great for this. Once dates are flattened, remove the top layer of parchment paper.
4. Next, place your measured peanut butter into a bowl and microwave it for about 30 seconds to soften.
5. Using a spoon or spatula, spread the peanut butter evenly over top of the flattened dates.
6. Break up the dark chocolate into small piece and melt it in the microwave, stirring every 30 seconds to prevent from burning.
7. Pour the melted chocolate over top of the dates and peanut butter and spread it out evenly.
8. Top with desired toppings and place the baking sheet in the freezer for at least 1 hour.
9. Cut bark into small squares and store it in an air tight container in the freezer.