



The upcoming holidays may seem intimidating to anyone who has been trying to eat healthier and more wholesome foods over the past few months. The holidays are supposed to be a nice time to catch up with family and friends. Unfortunately, the Jewish holidays are often food-focused and meal centered. They can involve eating anywhere from 4-6 large meals over the course of 2-3 days, along with many hours to sit around and snack. Fortunately, there are plenty of ways to avoid this issue and shift the focus of this holiday season away from the food and towards spending quality time with friends and family.

Traditionally, Jewish foods tend to be oily and carbohydrate centered. While sitting at a long meal, it's easy to feel tempted to grab a piece of challah bread or another serving of potatoes for the sole reason that it's sitting right in front of you. Too often we consume these extra servings of food when we're not even hungry. Next time you feel tempted to eat because you're sitting at a long meal, try grabbing a vegetable or some salad instead of a piece of bread.

A good rule of thumb is to have a one plate rule. Meaning, when you start the meal, fill your plate up half way with vegetables, one quarter carbs, and one quarter protein. Pre-portioning your food at the beginning of the meal is a good reminder not to keep filling up your plate up with foods you don't really want to eat. If you are still feeling hungry, make sure to opt for some roasted vegetables or salad.

When hosting a meal at your home, make sure that you prepare foods that you want to eat too! Just because you're cooking for others, does not mean that you cannot cook for yourself too. Prepare a variety of roasted vegetables and salads so that when you feel hungry during the meal you have something healthy to grab. Eating out at friends and family is a little more difficult, but it's important to remember that you have to enjoy yourself too. Treat yourself but don't go overboard. Try to follow the one plate rule as a guide. This way, even if you're not eating the best foods, you are not overdoing it either.