

Soundbite Script – Get a Grip on Holiday Eating

Nicole O’Neill, Clinical Dietitian, OSF HealthCare

“I would never tell anyone you can’t have something. If your mom makes the best cheesecake ever, have a piece and enjoy it. First of all, it’s going to hurt her feelings if you don’t and how long can you go without something before you throw your hands in the air and say ‘give it all to me’ and then you overindulge? So being purposeful, having the focus on the good healthy things but then allow yourself the grace to enjoy something.”

Nicole O’Neill, Clinical Dietitian, OSF HealthCare

“Most party hosts put the good, healthy fruits and veggies at the end of the buffet line because no one really wants those. If you can, start the buffet line backwards. Get the fruits and vegetables and even shrimp cocktail – that’s not a horrible calorie load, it has a little protein and will stick with you for a little while – then you’re not overindulging in the fatty, greasy, heavy glorious things that call our names.”

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“But the holiday when you’re with all your families and friends and you’re enjoying each other’s company does it always have to be around food? That’s another thing to think about. Could you go for a walk with your people? Could you go for a bike ride?”

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“Eating during the holiday season shouldn’t be a cause for panic. Have it, enjoy it, just smaller portions. Just be reasonable. You know when you’re being naughty. Food is not naughty, of course, anything is allowable. If you eat six cookies you probably know that’s not in your best interest. Pay attention to your serving sizes – they should be smaller than your fist. A couple cookies aren’t going to hurt you. You just don’t want to overdo it.”