

## Soundbite Script - Sensible Holiday Eating

**Adam Schafer, Registered Dietitian, OSF HealthCare**

“I think this is a great opportunity for us to actually spend time with the ones we live with and love the most. The goal is to enjoy that time. When we’re with a large group of people, we’re focused on talking to everyone. This is a time of year where you can really get to know the people you spend the most time with and enjoy that time rather than focusing on the eating.”

**Adam Schafer, Registered Dietitian, OSF HealthCare**

“Ideally, we should make less because we don’t want so many leftovers that we’re forcing ourselves to get it down before it goes bad, and this is a time to cook a meal together. Usually when you’re hosting a meal you’re usually stressed to make sure everything is done on time. This is the time where you can actually enjoy cooking and really focus on some of the things you enjoy, but you don’t need large amounts of it. Portions will be a really different this time around.”

**Adam Schafer, Registered Dietitian, OSF HealthCare**

“You definitely want to get some activity in. It doesn’t have to be anything crazy, just a 5-10 minute walk to burn off some of the calories you just ate. Then come up with a plan for the next couple of days. Try not to beat yourself up over the holidays as far as much you ate. Instead, focus on how can I make this healthier next time?”

**Adam Schafer, Registered Dietitian, OSF HealthCare**

“Make it about the family. This is an opportunity in life where we’re almost forced to stay together. We need to make this as enjoyable as possible. Come up with holiday games rather than focus on food intake and being stuck at home. Have fun in the house and enjoy that time you have with your family.”