



Cutting back on sugar for the holidays is easier than you think

It's that magical time of the year again! The air is filled with the spirit of celebration as we carve out special time to spend with family and friends. It's a season of joy, love, and... oh, those irresistible holiday treats! From your neighbor's cookie swap to the tempting array of sugary delights in the office breakroom, it seems like everywhere we turn, there's a festive treat beckoning us.

Now, you might be thinking, "Why not just indulge until the New Year?" But here's a thought: What if we could enjoy the holiday season's pleasures without compromising our health goals? Imagine greeting January 2nd feeling proud and energized, having savored the holiday treats while maintaining your wellness journey. It's not only possible, it's within your grasp!

Success in healthy living isn't about rigid perfection; it's about making mindful choices, celebrating the small victories, and treating yourself with kindness. To help you navigate this season with health and happiness, here are seven practical and enjoyable tips:

Set Seasonal Goals: Jot down your wellness goals and revisit them each morning. It's like giving a daily gift of motivation to yourself!

Mealtime Mastery: If you're out during mealtimes, pack a nutritious meal or eat beforehand. This way, you're full and less tempted by sugary options.

Beverage Balance: Keep hydration high and sugar low. Choose water over sugary drinks. If you do opt for a festive drink, enjoy it slowly and intersperse it with water.

The 3-Bite Rule: The first few bites of any treat are always the best. Relish them and then graciously set the rest aside.

Choose Wisely: Go for special treats that you can't get year-round. Aunt Linda's famous Christmas cookies? Yes, please – but just one!

Start Strong: Kick-off your day with a no-added-sugar, whole-foods breakfast. This sets a healthy tone and keeps cravings in check.

Smart Snacking: Keep fruits and nut butter handy for when sweet cravings strike. They're delicious and much better for you!

And remember, we're all imperfectly human. If you find yourself straying from your goals, don't be hard on yourself. The key is to acknowledge, learn, and gently steer back to your path of wellness. Looking for more guidance or a specific goal to focus on? Here are some ideas to inspire you:

- Challenge yourself to try a new healthy recipe each week.
- Set a daily step goal and enjoy winter walks.
- Practice mindful eating – really taste and enjoy each bite.
- Join a holiday-themed fitness challenge or start one with friends.

We encourage you to sign up for one or two of these challenges in the Diet ID platform over the next couple weeks:

- Avoid Added Sugar
- Avoid Sugar at Breakfast
- Avoid Sweets, Dessert, and Candy
- Avoid Sweetened Beverages
- Drink 8 Glasses of Water a Day
- Eat When You're Hungry
- Fill Half or More of your Plate with Veggies

Let's make this holiday season one where we celebrate, indulge mindfully, and embrace our health and happiness.

Wishing you a joyous, flavorful, and healthy holiday season!

3 Ingredient Energy Balls



This recipe is so simple, and everyone raves over them. Stash a few in your bag for the hungries, and even bring a tray into the office for a healthier holiday treat.

You will need:

- 1 cup chopped Medjool dates
- 2/3 cup rolled oats
- 1/3 cup no-sugar-added peanut butter
- Garnish (optional; see below)

Instructions:

1. Soak the chopped dates in a bowl of hot water for 10 minutes, and drain well.
2. Place dates, oats, and peanut butter into a food processor and process until chopped and the ingredients start to meld together.
3. Roll into 16 balls.

Get festive with garnishes! You can sprinkle on or roll these in shredded coconut, finely chopped nuts, cocoa powder, matcha powder, or chia seeds.