

# The Nutritious Nibble

University Dietitian Newsletter

## Holiday Instagram Challenge: Snap a Pic and Eat Healthier!

### The Challenge

We're rolling into the holidays. Most of us have already stuffed ourselves with Halloween candy, overeaten at Thanksgiving and now it's party and cookie season. How can we save ourselves from dreaded thoughts of holiday weight gain and all our hard work and good intentions going down the drain?

Here's an easy and surprising suggestion: Post pictures of your food on Instagram. A [recent study](#) has shown that taking pictures of our food enhances eating enjoyment. This is true of both those indulgent once a year desserts and a simple, yet beautiful, apple we snacked on. The delay in eating caused by the focus on obtaining the best picture actually brings greater satisfaction to the eating experience. Taking pictures of the healthy foods you eat can enhance the pleasure of eating them.



If you don't like taking pictures of your food, no worries. Previous studies found that a brief delay in eating by any practice, no matter how mundane, positively influenced perception of the food. The delay can be due to any brief action as long as it is intentional and not random. Possibilities that come to mind include taking a couple deep breaths, folding your napkin, a visual taking in of what's on your plate or a moment of reflection. The object is to intentionally delay, just a bit, the gratification we feel and in doing so our perception is positively enhanced.

Such a wonderful and simple practice! Take pictures of healthy food and desire it more!

And of course, there's an app for that. My Food offers a 7 day free trial but does have a charge after the week.

UDS challenges you to take pix of your food the rest of the semester and tag @eatatsalisburyu in your photos.

### Picture worthy healthy holiday recipes

- [Spinach & Feta Quiche](#)
- [Dark Chocolate Bark with Cherries and Walnuts](#)
- [Cauliflower Couscous Toss](#)

### Follow Us!

 Instagram: [eatatsalisburyu](#)  
 Twitter: [DiningSU](#)

For daily healthy option suggestions visit our social media and our [Dining Services web page](#). Suggestions are lower in sugar and unhealthy fats and higher in nutrients that support health and happiness.

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