



Holiday Meal Comfort Guide

For Individuals With Misophonia and Their Families

Before the Gathering

- Ask the host about the menu and share any known trigger foods
- Request soft-texture substitutions or plan to bring a comfort dish
- Pack comfort tools (earbuds, noise reduction, tissues, mints, grounding items)
- Plan seating preferences (corner seat, next to a quiet eater, end of table, separate dining)
- Identify a quiet space you can step into if needed

Create a Sensory-Friendly Environment

- Use quieter dishware (paper, bamboo, compostable) and avoid ceramic serving dishes as possible
- Choose plastic or wooden utensils instead of metal
- Add gentle ambient sound (air purifier, fan, fountain, tabletop sound system, soft music)

Foods That May Be Difficult

- Very crunchy foods (chips, nuts, raw produce, pretzels)
- Slurpy, chewy, or tough foods (ramen, long pasta, sticky ribs, steak, jerky, dense breads)
- Messy foods that require extra mouth noise to manage

Foods That Are Often More Comfortable

- See suggestions on the next page

During the Gathering

- Take breaks if triggers build — stepping away is okay
- Use grounding or breathing techniques as needed
- Use headphones or sound-dampening tools between courses

After the Gathering

- Take time to decompress in a quiet space
- Note what foods and strategies worked well
- Adjust your personal holiday comfort plan for future gatherings



Suggested Holiday Foods

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Please note: Misophonia affects individuals differently. This list is intended as a helpful starting point and may not apply to everyone.

- casseroles
- lasagna portions
- baked potatoes
- mashed potatoes & gravy
- baked chicken or fish
- curries
- stir fry dishes
- rice dishes
- cooked/roasted vegetables & dips
- pizza bites
- baked poppers
- meatballs
- cubed ham with canned pineapple
- salami and cubed tomatoes
- deviled eggs
- finger sandwiches (egg, tuna, meat/cheese)
- bread with creamy spreads
- soft cheeses
- mini quiches
- stuffed pastries
- burritos
- chicken skewers
- baked beans
- sliced kielbasa with BBQ sauce
- cucumbers with dip
- lefse
- latkes
- berry skewers
- papaya or mango cubes
- muffins
- soft cookies
- brownies
- custards or puddings
- tres leches dessert
- cream pies
- pumpkin pie
- key lime pie
- trifles
- gelatin desserts
- cake with jam
- mini custard pies
- fruit hand pies
- banana bread
- fruit with dip
- marshmallows with dip
- whipped cream & berries
- ice cream
- coffee drinks (mocha, latte, breve)
- fruit smoothies