

Why do we eat?

We eat for so many different reasons! Sometimes we eat when we're hungry. Other times we may eat when we're bored and don't even realize we're eating. It's important to identify why or what triggers us to eat to see if it's causing some unhealthy eating habits.

Check the boxes next to the cues that prompt you to eat.



Hunger



Bored



Mood



Stress



Pleasure



Social

Healthy Eating Habits

Healthy eating is about consuming food that gives you the proper amount of nutrients and calories you need, and fits with your taste buds, cultural traditions and budget.

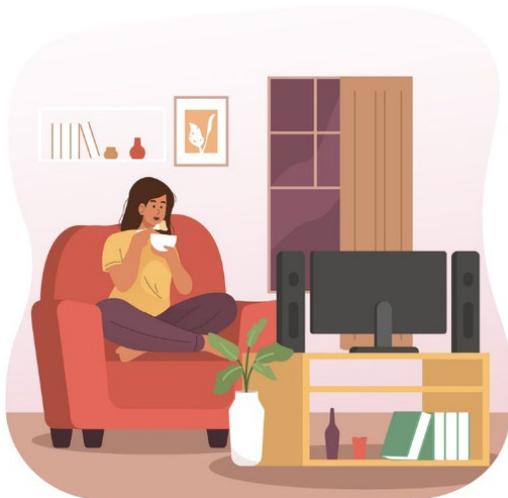
Eating regular meals:

- Prevents overeating: Skipping meals and not eating when you are hungry can lead to overeating at the next meal or snack, especially towards the end of the day
- Gives you more energy to complete daily tasks and improves your mood.
- Improves your body's ability to convert food to energy.
- Helps you to make healthier choices since you aren't waiting until you're starving to eat.
- Creates routine and structure and helps you establish an overall healthier lifestyle.
- Eating at least 3 times per day allows for more chances for your body to get the nutrients it needs.



Limit distractions while you eat

- Distracted or mindless eating leads to eating more than we need. Eating without distractions helps us know when we're full and allows us to enjoy our food more.
- Mindless eating is when we:
 - Eat and do multiple things at once (watching TV, working, on your phone)
 - Eat past feeling full and ignore our fullness cues
 - Eat when we feel emotional (sad, bored, stressed, lonely)
 - Eat to make ourselves feel better



Let's Practice Mindful Eating

Mindful Eating Exercise

1. First, take the food and hold it between your finger and thumb. Focus on it - imagine you have never seen one before in your life.
2. Notice shapes, colors, surfaces. Move the food between your fingers observing the texture. Put a small amount of pressure to notice if it is soft or hard. You can try closing your eyes if that helps you focus and enhance your sense of touch. Note any thoughts you have about this food, memories about it, feelings of like or dislike.
3. Hold the food under your nose and inhale naturally, with each inhale notice any smell or aroma and notice any affect that has on your mouth or stomach. (Does your stomach rumble? Does your mouth water?)
4. Place the food into your mouth, but don't chew yet. Hold it in your mouth for at least 10 seconds, exploring it with your tongue and feeling the sensations of having it there. Notice how it feels to take some time before eating the food.
5. When you are ready, prepare to chew the food. Take one or two bites into it and notice what happens. Bring your full attention to its taste and texture as you continue to chew.
6. When you feel ready to swallow, bring awareness to the sensation so that even this is experienced consciously.
7. Lastly, notice what is left of the food as you swallow, and it travels down to your stomach. Notice how your body as a whole is feeling after completing this exercise.



Reflections

1. How was this experience the same or different from how you normally eat?
2. What, if anything, surprised you about the experience?
3. What is one tip for yourself that you are going to take from this experience to apply to your eating habits in the future?

How Do I Eat Mindfully?

Mindful eating is when we listen to our body and stop when we feel full, eat when our body is hungry (stomach growling, low energy), eat foods that make our bodies feel good, and eat without doing anything else.

Here are some ways to eat more mindfully:

Create a Mindful Setting

- Instead of eating out of a bag, put food on a plate or in a bowl
- Listen to relaxing music
- Sit down at a table
- Turn off the TV or put your phone down
- Eat with your friends and family

Enjoy the Experience of Eating

- Take small bites of food
- Enjoy each bite of food by noticing how it tastes and smells and pay attention to the texture in your mouth
- Eat slowly and chew your food at least 20 times before swallowing it
- Put your fork down between bites of food
- Take a breath between bites of food
- Accept your body and the food you are eating instead of being judgmental

Nourish Your Body and Notice How You Feel

- Drink water while eating
- Drink a full glass of water after eating the food on your plate and wait 10-15 minutes before getting another serving
- Notice how your body and mind feel after eating mindfully

Try one or more of these strategies to incorporate mindful eating into your day!



HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat plenty of fruits of all colors.



STAY ACTIVE!

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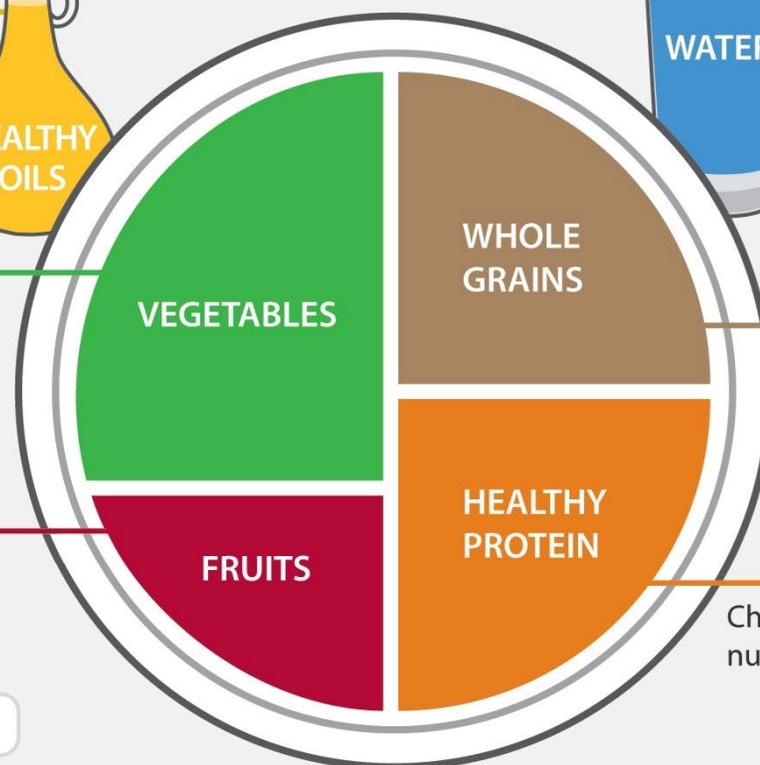
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Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

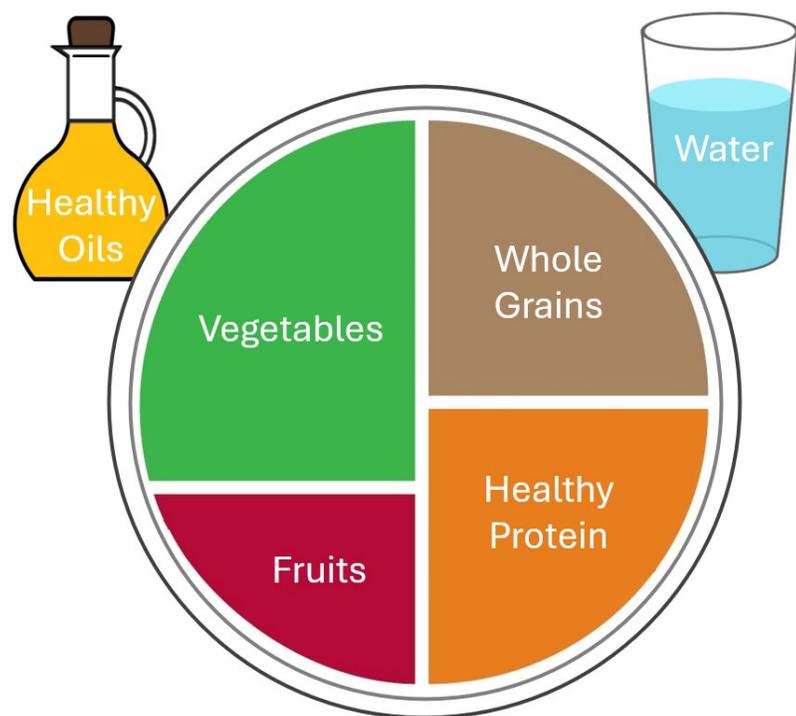


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Eat a Variety of Different Foods

Eating a variety of foods provides a range of nutrients to the body and promotes good health. Each food group has foods that are good for your heart.



Ways to add more vegetables

- Fresh, frozen or canned fruit/veggies all count
- Roast veggies to make them taste sweeter
- Add avocado to sandwiches
- Include shredded veggies in meatballs and baked goods
- Add veggies to pizza, omelet or breakfast burrito
- Eat a side salad or make your main dish a salad with lots of toppings
- Eat veggies for snack with dip

Ways to add more fruits

- Eat a fruit cup or unsweetened applesauce for a snack
- Make a fruit smoothie
- Freeze grapes to eat for dessert
- Eat a banana, apple or orange for traveling breakfast
- Add berries into oatmeal or yogurt

Choose healthy oils

Use healthy oils like olive and canola for cooking and dressings

Ways to drink more water

Try these tips to increase water intake:

- Warm it up – toss a tea bag into the water
- Keep it cold – drink ice cold water with a straw
- Add bubbles – try flavored sparkling water
- Add flavor – add fruit or sugar-free flavor enhancers like Crystal Light or MiYo
- Carry a water bottle

Whole grain options

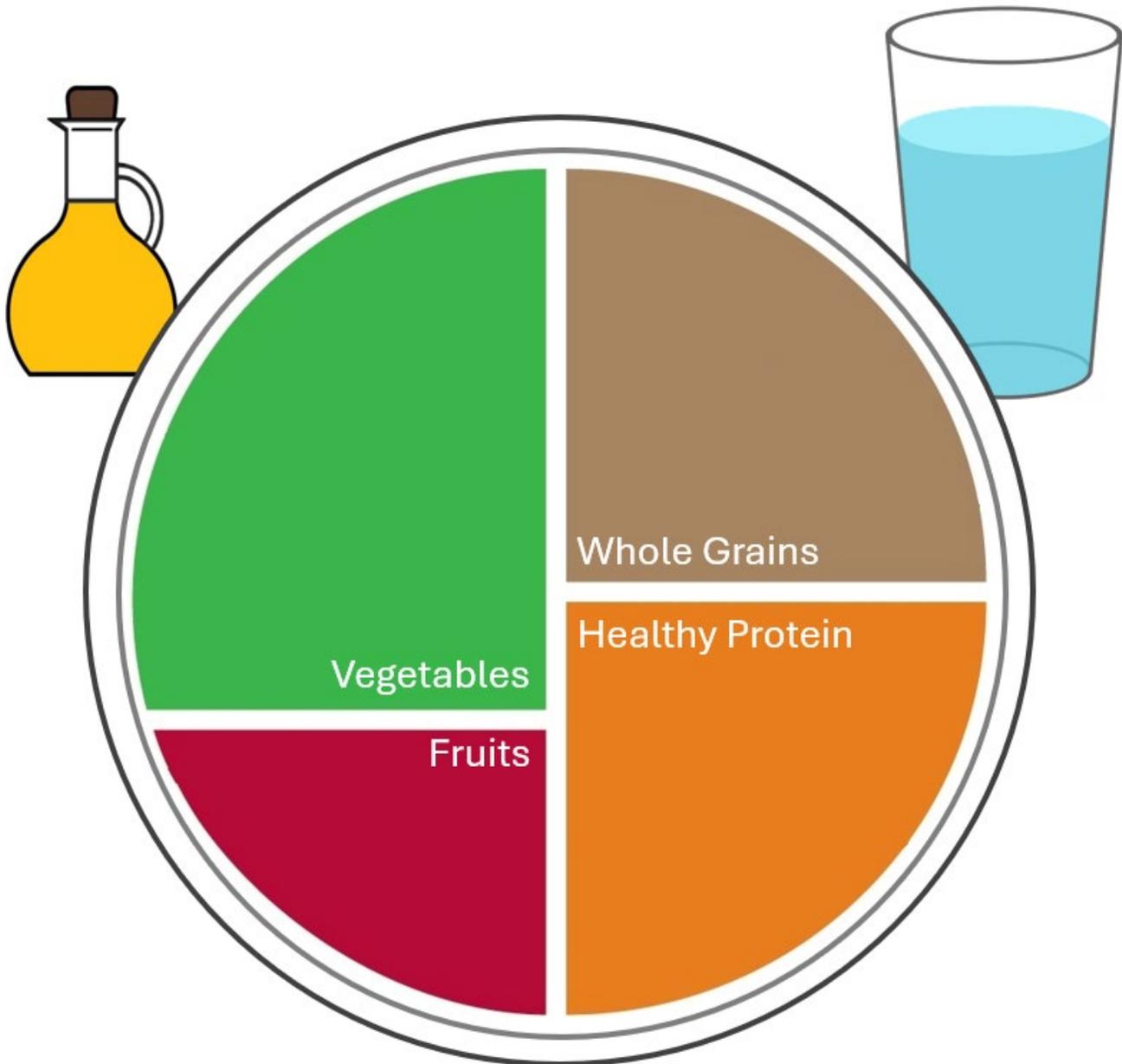
- Whole wheat bread
- Whole wheat tortillas
- Whole wheat pasta
- Brown rice
- Oats
- Popcorn

Lean protein options

- Chicken/turkey (breasts, thighs w/ no skin, ground (>90% lean))
- Fish or seafood (salmon, tuna, tilapia, shrimp, crab, etc.)
- Eggs or egg whites
- Beans, lentils, peas
- Nuts, nut butters, seeds
- Tofu, edamame (soy products)
- Low-fat or fat-free dairy like plain Greek yogurt or cottage cheese

How would you build your own healthy plate?

Using the plate below, build your own healthy plate by writing the names of the food items in the appropriate sections.



Ideas:

Vegetables: asparagus, broccoli, carrot, cauliflower, cucumber, green beans, lettuce, mushrooms, onion, pumpkin, red pepper, spinach, tomatoes, zucchini

Fruits: apple, banana, berries, grapes, orange, watermelon

Whole grains: whole wheat bread/tortillas/pasta, brown rice, oats, popcorn

Healthy proteins: chicken/turkey, fish, seafood, eggs, beans, lentils, nuts, seeds, low-fat or fat-free yogurt or cottage cheese, tofu

Tips for Eating Out the Heart Healthy Way

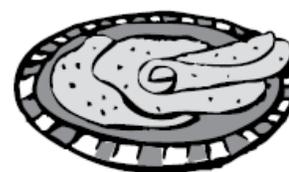
You don't have to give up eating out at restaurants to eat right. Here are some tips on how to make heart healthy choices when you're eating out.

Sandwiches

- ♥ Order sandwiches without mayonnaise, tartar sauce, or special sauces. Or try mustard or low-fat mayonnaise. Ask for vegetables to be added to your sandwich.
- ♥ Order small, plain hamburgers instead of deluxe sandwiches.
- ♥ Order sandwiches made with lean roast beef or turkey. Chicken salad and tuna salad made with regular mayonnaise are high in fat.
- ♥ Choose grilled chicken sandwiches instead of breaded chicken sandwiches.

Main dishes

- ♥ Choose soft tacos or corn tortillas filled with chicken or lean beef, vegetables, and salsa.
 - Ask for low-fat cheese and low-fat sour cream.
 - Ask for cheese and sour cream to be served on the side, and use only a small amount.
- ♥ Choose rotisserie-style chicken rather than fried chicken. Always remove the skin, and don't eat it.
- ♥ Order pizza with vegetable toppings like peppers, mushrooms, or onions. Ask for half the usual amount of cheese.



Side dishes

- ♥ Share a small order of french fries instead of eating a large order by yourself.
- ♥ Ask that no salt be added to your serving.
- ♥ Order a baked potato instead of fries.
 - Try salsa or vegetables as a potato topping.
 - Ask that high-fat toppings be served on the side, and use fewer toppings.
- ♥ Use low-calorie, low-fat salad dressing on salad. Bring your own if the restaurant does not offer a low-fat dressing. You can buy packets at some stores. Ask that dressings be served on the side, and use less.
- ♥ Order a green vegetable or salad instead of two or more starches (such as potatoes, rice, pasta, bread, and corn).



Beverages

- ♥ Choose water, 100 percent fruit juice, or fat-free or low-fat (1%) milk, rather than a soft drink or a milkshake.
- ♥ If you really want to have a soft drink, order a small one.



Desserts

- ♥ Buy a small fat-free frozen yogurt instead of cookies or pies.

Tips for Busy Families

Plan Your Meals

- ♥ Plan weekly meals based on your family's schedule.

Use a Shopping List

- ♥ Save money and time by making only one trip to the store. Make and use a shopping list.



Share Meal Preparation Tasks

- ♥ Teach your family how to shop for groceries.
- ♥ Include your spouse and children in preparing meals and cleaning up.
- ♥ Clean up as you cook—you will have less to clean up after you finish cooking.
- ♥ Share cooking duties with other family members or neighbors. For example, your family can cook enough food to share with another family.

Cook in Advance

- ♥ Prepare some foods in advance (such as spaghetti sauce). Use these foods for quick meals. You can add chicken or beef to the sauce and serve it over spaghetti or rice.
- ♥ Prepare parts of a meal the night before (for example, marinate chicken in the refrigerator overnight).
- ♥ Pack your lunch the night before.
- ♥ Cut and wash vegetables, and make enough salad for 2 days. Do not add dressing until serving time.
- ♥ Cook two or three dishes on your day off, and freeze some of them. Use the frozen dishes on the days when you don't have time to cook.
- ♥ Prepare for recipes the night before by cutting and trimming meats.
- ♥ Prepare meals in a slow cooker.

Cook Simply

- ♥ Steam vegetables, and serve them without sauces.
- ♥ Use frozen vegetables without sauces.
- ♥ Broil, grill, bake, or roast meats.
- ♥ Make one-pot meals, such as stews and casseroles.
- ♥ Use frozen chopped vegetables (such as carrots, peas, and broccoli).
- ♥ Use the microwave for cooking or defrosting.
- ♥ Learn simple recipes that can be made in less than 30 minutes.

Use Herbs and Spices

- ♥ Chop fresh herbs and place in ice cube trays. Fill trays with water and freeze. Store the frozen cubes in a plastic bag in the freezer. Use when you need fresh herbs.
- ♥ Grow cilantro, basil, or thyme on a sunny windowsill.
- ♥ Keep dried herbs on hand. One teaspoon of dried herbs is equal to 3 teaspoons of fresh herbs.

Keep Quick Snacks on Hand

- ♥ Try these healthy snacks:
 - Fresh fruits and vegetables
 - Whole-grain, ready-to-eat, dry cereal
 - Fat-free and low-fat yogurt
 - Fat-free and low-fat cheese
 - Baked corn tortilla chips



Weekly Promise – Week 4

This week, think about your eating habits. Are there habits that prevent you from feeling healthy? Are you ready to make a change or modify an eating habit, a food you eat, or a drink you drink?

