WORKING TOGETHER, LIVING BETTER

HEALTHY EATING AT HOME
Today’s nutrition talk

• Ways to improve eating at home

• Ways to manage stress eating

• Small intro into mindful eating & how to use it while at home

• How to create a balanced meal at home

• Ideas & tips for healthy snacks and meals
WAYS TO IMPROVE NUTRITION AT HOME
IMPROVING NUTRITION AT HOME

Prepare
• Meal plan
• Plan out a grocery list
• Choose whole foods
• Add immune boosting foods

Build upon awareness
• Check your portion sizes
• Plan snack & mealtimes
• Try to work outside of the kitchen if you can

Take lunch breaks
• Take actual timed breaks
• Do nothing but eat or whatever your break consists of
MEAL PLANNING

Example Calendar

Saturday morning
Choose your recipes

Saturday morning
Write your shopping list

Saturday afternoon
Grocery shop

Sunday morning
Meal prep

Sunday evening
Use meal prepped items
BUILDING A HEALTHY PLATE

Start with non-starchy veggies
- Leafy greens
- Broccoli
- Brussels sprouts
- Green beans
- Peppers

Add lean proteins
- Chicken, turkey, fish, & eggs
- Lean cuts of red meats like tenderloin or other loin cuts

Add Grains or Starches
- Focus on whole grains here
  - Brown rice, quinoa, barley, etc.
- Squash, potatoes, other root type veggies
- Dairy or fruit
IDEAS FOR BUILDING A HEALTHY PLATE

Veggie Grain Bowl
• Beans or hard-boiled egg
• Veggies
• Whole grains
• Avocado
• Olive oil-based dressing

Asian Stir Fry
• Chicken
• Sesame oil
• Broccoli / Mixed veggies
• Buckwheat noodles

Quick Salmon Salad
• Salmon
• Salad veggies
• Mango
• Olive oil-based dressing
ADDING IMMUNE SUPPORTING FOODS

Vitamin C Packed Foods
- Citrus
- Red bell pepper
- Spinach
- Kiwis
- Papaya

Anti-inflammatory Foods
- Ginger
- Turmeric
- Green tea
- Garlic

Vitamin E
- Almonds
- Sunflower seeds
- Avocados
- Dark leafy greens
BUILDING AWARENESS OF SNACKING & MEAL INTAKE

Be mindful of portions
• Use a plate or bowl
• Use a smaller plate or bowl for snacks or desserts
• Split takeout portions in half before eating

Meal & Snack Timing
• Aim for 3-4 meals and snacks a day
• Everyone’s eating style will be different
• Try to space meals & snacks out throughout the day

Increase water intake
• Use a water bottle or glass to help keep track of intake
• Sometimes thirst can be confused with hunger
TIPS FOR PORTION SIZES

VISUAL GUIDE TO ESTIMATE PORTION SIZE USING YOUR HANDS

**FIST**
Equal to 1 cup is a portion of rice, fruits or vegetables.

200 kcal

**FINGERTIP**
Equal to 1 teaspoon is a portion of fats like mayonnaise or butter.

35 kcal

**CUPPED HAND**
Equal to 1/2 cup or 1 ounce is a portion of snacks like nuts or dried fruits.

170 kcal

**THUMB**
Equal to 2 tablespoons is a portion of dairy and peanut butter.

170 kcal

**PALM**
Equal to 3 ounces is a portion of protein like red meat or chicken.

160 kcal
LET’S THINK ABOUT SNACKING....

What are some of your favorite snacks to eat?
• Are their whole grain versions of your snacks?
• If you like salty chips, what’s something else that can satisfy craving for a crunchy snack?

When do you find yourself snacking most often?
• Mid-afternoon?
• Whenever I’m stressed?
• Whenever I feel bored or like I’m trying to stay alert or awake?
• Whenever I’m feeling a specific emotion?

Am I snacking out of a container?
• Where is this container?
• Can I take this snack out of its container to help me visually portion the snack?
• Can I put a different type of snack in a more visible place?
MANAGING STRESS EATING
WHAT CAN CAUSE STRESS EATING?

**Stress hormones**
- Release cravings for high fat and high sugar or carb foods
- About ¼ of Americans relate their stress at an 8 on a 10-point scale
- Stress from work, family dynamic, personal life stressors, financials, emotional status, relationships, etc.

**Proximity of snacks or craving foods**
- Have healthy food on hand already prepped
- Move healthier foods to eyelevel

**Ask yourself: What do I need right now in this moment?**
- Will this snack make me feel better?
- Am I truly hungry at this moment?
# MINDFUL EATING

## 6 Ways to Practice Mindful Eating

<table>
<thead>
<tr>
<th>Mindless Eating</th>
<th>Mindful Eating</th>
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</thead>
<tbody>
<tr>
<td>1. Eating past full and ignoring your body’s signals</td>
<td>Listening to your body and stopping when full</td>
</tr>
<tr>
<td>2. Eating when emotions tell us to eat (i.e., sad, bored, lonely)</td>
<td>Eating when our bodies tell us to eat (i.e., stomach growling, energy low)</td>
</tr>
<tr>
<td>3. Eating alone, at random times and places</td>
<td>Eating with others, at set times and places</td>
</tr>
<tr>
<td>4. Eating foods that are emotionally comforting</td>
<td>Eating foods that are nutritionally healthy</td>
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<tr>
<td>5. Eating and multitasking</td>
<td>When eating, just eating</td>
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<tr>
<td>6. Considering a meal an end product</td>
<td>Considering where food comes from</td>
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List created by Christopher Willard PsyD
PRACTICING MINDFUL EATING

Listen to your body
• Eat when your body tells you to eat – stomach growls, low energy and headaches are universal signs of hunger.

Create a routine
• Eat at set times & places when possible, bring mindfulness to your portions & focus on foods that help you feel satisfied and energized.

When eating, just eat!
• Try not to multitask when eating and eat while sitting at a table, free from distractions.
HUNGER VS. EMOTIONAL CUES

**Hunger**
- Slowly starts over time
- Physical symptoms: stomach growls, feeling low energy, headache, thinking about food.

**Emotional**
- Can happen instantly especially when feeling emotional
- Specific cravings or desire for specific food type
- Sometimes isn’t satisfied by eating

**Stress**
- Can also happen instantly
- Also, can have specific cravings
- Isn’t satisfied by eating
- Can often lead to eating when feeling overwhelmed or reactive
# HEALTHY SNACK IDEAS

<table>
<thead>
<tr>
<th>Crunchy</th>
<th>Thirst quenchers</th>
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| • Apple + nut butter  
• Carrots or celery sticks + nut butter or hummus  
• Unsalted rice cakes  
• Air-popped popcorn  
• Whole grain crackers | • Water (infused with fruit or herbs)  
• Low-fat milk  
• 100% juices (no added sugar)  
• Homemade smoothie  
• Homemade popsicle |

<table>
<thead>
<tr>
<th>Chewy</th>
<th>Sweet</th>
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| • Unsalted sunflower seeds  
• Whole-grain breads  
• Cherry or grape tomatoes  
• Plain, low-fat yogurt w/ berries  
• Whole-grain mini bagels  
• Unsalted nuts or seeds / DIY trail mix  
• Cheese | • Unsweetened canned fruit  
• Baked apple  
• Raisins  
• Frozen bananas  
• Frozen grapes  
• Fresh fruit  
• Low-fat or fat-free unsweetened fruit yogurt  
• Fresh or frozen fruit dipped in yogurt or melted dark chocolate |
# HEALTHY LUNCH IDEAS

<table>
<thead>
<tr>
<th>Sandwiches</th>
<th>Salads</th>
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<tbody>
<tr>
<td>• Whole-grain bread</td>
<td>• Lean proteins</td>
</tr>
<tr>
<td>• Lean deli meats - look for low sodium</td>
<td>• Salad greens or grains as base</td>
</tr>
<tr>
<td>• Add lettuce or salad greens</td>
<td>• Your favorite veggies chopped</td>
</tr>
</tbody>
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<table>
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<tr>
<th>Bowls or bento style boxes</th>
<th>Soups</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Lean protein</td>
<td>• Great way to get in extra vegetables</td>
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<tr>
<td>• Grain or starchy veg</td>
<td>• Add in sweet potato or butternut squash, kale or spinach, etc.</td>
</tr>
<tr>
<td>• Your favorite veggies (roasted, steamed, etc.)</td>
<td>• Use whole-grain pasta, wild rice or quinoa, etc.</td>
</tr>
<tr>
<td>• Sauces (peanut sauce, cilantro lime dressing, pesto, hummus, chipotle sauce, teriyaki, Tzatziki, etc.)</td>
<td>• Low-sodium broth or cut regular sodium broth with water</td>
</tr>
<tr>
<td></td>
<td>• Use lots of spices for flavoring! (garlic powder, thyme, rosemary, cayenne, etc.)</td>
</tr>
</tbody>
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THANK YOU

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