



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# 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

Saturday  
morning

Saturday  
afternoon

Sunday  
morning

Sunday  
evening

Choose  
your  
recipes

Write your  
shopping  
list

Grocery  
shop

Meal prep

Use meal  
prepped  
items

# BUILDING A HEALTHY PLATE

## Start with non-starchy veggies

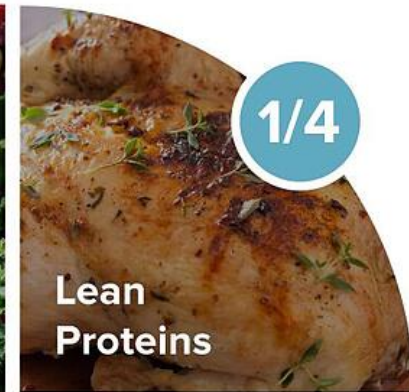
- Leafy greens
- Broccoli
- Brussels sprouts
- Green beans
- Peppers

## 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 there 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

mindful  
mindful.org

### Mindless Eating

- 1 Eating past full and ignoring your body's signals
- 2 Eating when emotions tell us to eat (i.e., sad, bored, lonely)
- 3 Eating alone, at random times and places
- 4 Eating foods that are emotionally comforting
- 5 Eating and multitasking
- 6 Considering a meal an end product

### Mindful Eating

- Listening to your body and stopping when full
- Eating when our bodies tell us to eat (i.e., stomach growling, energy low)
- Eating with others, at set times and places
- Eating foods that are nutritionally healthy
- When eating, just eating
- Considering where food comes from



# 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

Crunchy	Thirst quenchers
<ul style="list-style-type: none"><li>• Apple + nut butter</li><li>• Carrots or celery sticks + nut butter or hummus</li><li>• Unsalted rice cakes</li><li>• Air-popped popcorn</li><li>• Whole grain crackers</li></ul>	<ul style="list-style-type: none"><li>• Water (infused with fruit or herbs)</li><li>• Low-fat milk</li><li>• 100% juices (no added sugar)</li><li>• Homemade smoothie</li><li>• Homemade popsicle</li></ul>
Chewy	Sweet
<ul style="list-style-type: none"><li>• Unsalted sunflower seeds</li><li>• Whole-grain breads</li><li>• Cherry or grape tomatoes</li><li>• Plain, low-fat yogurt w/ berries</li><li>• Whole-grain mini bagels</li><li>• Unsalted nuts or seeds / DIY trail mix</li><li>• Cheese</li></ul>	<ul style="list-style-type: none"><li>• Unsweetened canned fruit</li><li>• Baked apple</li><li>• Raisins</li><li>• Frozen bananas</li><li>• Frozen grapes</li><li>• Fresh fruit</li><li>• Low-fat or fat-free unsweetened fruit yogurt</li><li>• Fresh or frozen fruit dipped in yogurt or melted dark chocolate</li></ul>



# HEALTHY LUNCH IDEAS

## Sandwiches

- Whole-grain bread
- Lean deli meats - look for low sodium
- Add lettuce or salad greens

## Salads

- Lean proteins
- Salad greens or grains as base
- Your favorite veggies chopped

## Bowls or bento style boxes

- Lean protein
- Grain or starchy veg
- Your favorite veggies (roasted, steamed, etc.)
- Sauces (peanut sauce, cilantro lime dressing, pesto, hummus, chipotle sauce, teriyaki, Tzatziki, etc.)

## Soups

- Great way to get in extra vegetables
- Add in sweet potato or butternut squash, kale or spinach, etc.
- Use whole-grain pasta, wild rice or quinoa, etc.
- Low-sodium broth or cut regular sodium broth with water
- Use lots of spices for flavoring! (garlic powder, thyme, rosemary, cayenne, etc.)



# THANK YOU

**Cami Woomer, nutritionist**  
**YMCA OF Denver Metro**  
**720-384-5128**  
**[cwoomer@ymca.net](mailto:cwoomer@ymca.net)**  
**[Denverymca.org](http://Denverymca.org)**

