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EAT WELL, CARE WELL. **MINDFUL EATING HABITS**

YOUR GUIDE TO ENJOYING A NUTRITIOUS HOLIDAY MEAL

The amount of time you have as a caregiver is often limited and focusing on eating a nutritious meal can be challenging. With the holidays in full swing there can be even more of a time crunch. It is extremely easy to grab your go-to holiday treats like candy, pies, sugar cookies, fruitcake, stuffing, gravy and eggnog. (The list really goes on and on.) Practicing mindful eating can help keep your intake of these holiday goodies in moderation, while helping you focus on nutritious meals.

So, what is mindful eating? Choosing to eat food that is pleasing to you & nourishing to your body by using all your senses to explore, taste, smell, texture & savor the food. It involves taking control of your meals and giving all your attention to what you are eating. Eating mindfully will help you to stop eating when you are full. This can be tough during the holidays when everyone is together, there will be plenty of distractions and lots of food to eat. Some benefits of eating mindfully include: eating less due to the feeling of fullness, weight loss and more satisfaction from food.

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students Issue 11: 11-1-17 by Dana Lemke

WEEKLY CHALLENGES

**EAT YOUR MEALS
SLOWLY. CHEW
EACH BITE 20-30
TIMES.**

**FOCUS ON PORTION
SIZE- USE SMALLER
PLATES & SMALLER
SILVERWARE**

**SAY GOODBYE TO
SCREEN TIME
DURING A MEAL**

**EAT ONE MEAL OR
SNACK MINDFULLY
THIS WEEK**

**TAKE YOUR TIME
WITH MINDFUL
EATING...**

**PUT DOWN YOUR
FORK AND TAKE
PAUSES WHEN
EATING.**

5 SIMPLE STEPS TO MINDFUL EATING

Step 1) Remember to take a step back and reflect. Check in with your feelings to help you decide when, what, and how to eat. Ask yourself, “Am I really hungry or am I stressed or bored? Will eating change what is bothering me?”

Step 2) Instead of eating, try one of the following:

- a. **Diversion.** Read, listen to music, call someone, etc.
- b. **Breathing.** Take 7 slow, deep breaths.
- c. **Concentrate.** Do Sudoku, crossword or brain teasers, sew, knit, etc.
- d. **Get it out.** Do something physical, go for a walk, do jumping jacks, etc.
- e. **Journal your feelings.** Writing your stressors will calm your spirit & curb your hunger.

Step 3) Sit down while eating. Minimize distractions; don't eat while driving, watching tv etc.

Step 4) Eat regularly, every 4 hours, to avoid becoming over-hungry.

Step 5) Stop eating 2-3 times during a meal & ask yourself if you are still hungry or just eating? You don't need to clean your plate. Leftovers can save time the next day.

MINDFUL MASHED CAULIFLOWER

A fun holiday twist on your typical mashed potatoes that's ready in about 40 minutes!

*Recipe adapted from <http://www.eatingwell.com/recipe/256293/garlic-mashed-cauliflower/>

INGREDIENTS

- 8 CUPS CAULIFLOWER FLORETS
- 3 TABLESPOONS EXTRA-VIRGIN OLIVE OIL (CAN ADD MORE FOR GARNISH)
- 2 CLOVES GARLIC, SLICED
- ¾ TEASPOON SALT
- ½ TEASPOON GROUND PEPPER
- 1 TABLESPOON CHOPPED FRESH SAGE



Source: Pixabay, congerdesign (Photographer)

DIRECTIONS

1. STEAM CAULIFLOWER FOR ABOUT 10-12 MINUTES.
2. WHILE THE CAULIFLOWER IS STEAMING, HEAT THE OIL IN A SMALL SKILLET. WITH THE HEAT ON MEDIUM-LOW ADD THE GARLIC.
3. COOK ABOUT 1-2 MINUTES UNTIL THE EDGES OF THE GARLIC ARE BROWN.
4. TRANSFER THE CAULIFLOWER, GARLIC, SALT AND PEPPER TO A FOOD PROCESSOR. PROCESSER UNTIL VERY SMOOTH.
5. SERVE WITH SAGE AND DRIZZLE WITH OIL IF DESIRED.