

Mindful Eating Tips

Mindful Tip 1: See All You Eat

Dish up everything you want to eat *before* you start eating. Avoid grazing out of snack bags or food containers. This includes meals, leftovers, snacks, ice cream, chips, etc. Dollar stores are great places to find small plastic food containers to pre-portion snacks and other foods to bring to work.

Whip up a work-day snack: Hummus with Carrots

<http://www.cookinglight.com/eating-smart/smart-choices/healthy-snacks-00400000055361/page10.html>

Mindful Tip 2: Think 20% - More or Less

Dish up *20% more* fruits and vegetables and *20% less* high-calorie foods. A good rule of thumb is to fill half of your plate with healthier foods like fruits and vegetables, and then fill the remaining half with higher calorie proteins and starches. This will help to cut down on extra calories but not on satisfaction!

Dinner is done in 30-Minutes: Five-Spice Chicken & Orange Salad

http://www.eatingwell.com/recipes/five_spice_chicken_orange_salad.html

Mindful Tip 3: Be Your Own Tablescaper

Become an illusionist. Trade your platter-size plates and jumbo bowls for mid-sized pieces. Four ounces of mashed potatoes on an 8-in plate is a nice serving; on a 12-inch plate, it looks like a tiny appetizer. Use tall slender glasses. You tend to pour 30% more in a short wide glass.

Leafy greens never tasted so good: Skillet Gnocchi with Chard and White Beans

http://www.eatingwell.com/recipes/skillet_gnocchi_with_chard_white_beans.html

Mindful Tip 4: Make Overeating a Hassel, Not a Habit

De-convenience tempting foods by storing them in hard-to-reach cupboards, or cover with aluminum foil to obscure visibility and place them in the back of the refrigerator. Move office candy and snack dishes away from your desk, out of reach and site. Leave serving dishes in the kitchen so that you have to get up to get more.

Delicious (and healthy) sweet indulgence: Garden Harvest Cake

http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe_id=1886431

Mindful Tip 5: Portion Size Me

Super-share a meal or half a burger and fries with a friend. Throw away some of the fries on the way to the table or ask the server to give half as many as usual. Create a habit of cutting desserts in half and sharing. Beware of the *health halo* and avoid heaping high-calorie “extras,” such as dressings and sauces, on healthier low-calorie foods. Paying attention to portion size is important even with “healthy” foods. When food is perceived as healthy, people tend to overindulge. Slow down your eating and create pause points to stop and ask yourself, “Am I still hungry?”

Weeknight wonder meal for one: Tomato and Basil Flatbread Personal-sized Pizza
<http://www.eatbetteramerica.com/recipes/dinner/tomato-and-basil-flatbread-pizza-cooking-for-2.aspx>

Mindful Tip 6: Make Comfort Foods More Comforting

Make comfort foods truly more comforting by becoming mindful of what, why and how much you are eating. Rewire celebrations by pairing them with healthier foods. Try a bowl of low-fat frozen yogurt with fresh berries instead of a death by chocolate ice cream sundae. Substitute healthier ingredients in your favorite staple dishes such as ground turkey in casseroles or low-fat cream in sauces and soups.

Family-sized feast (packed with Iron and Vitamin A): Spinach and Turkey Enchiladas
<http://www.eatbetteramerica.com/recipes/dinner/spinach-and-turkey-enchiladas.aspx>

Mindful Tip 7: Create Distraction-Free Eating Scripts

Take some time this week to identify your *eating scripts*, or those automatic eating patterns that are triggered by factors such as setting, mood, or even time of day. Scripts can include eating until your plate is empty or snacking while doing something else such as watching TV, driving, working, or reading. Re-script your diet danger zones by turning off the TV while eating, putting your fork down between bites to slow eating, or taking a 15-minute walk during your 3pm snack attack.

Mid-day hunger (and waistline) hero: Whole-Grain Snack Mix
<http://www.eatbetteramerica.com/recipes/appetizers-snacks/whole-grain-snack-mix.aspx>

Mindful Tip 8: Crown Yourself As the Official Gatekeeper

Nutritional Gatekeepers are responsible for most of the food shopping and preparation in the home. They control roughly 72% of what your family eats. You can use this to help create positive lifetime patterns for your family. Become involved in the shopping, meal planning and preparation. Experiment with cooking new foods and introduce your family to at least one new fruit or vegetable every week. Make serving sizes official by dishing up snacks and leftovers into smaller baggies or plastic containers. Stock the cupboards with healthy snacks and foods to make healthy eating convenient and easy for the entire family.

Meal-tastic in under 30 minutes: Skillet Beef and Vegetable Stew
<http://www.eatbetteramerica.com/recipes/dinner/beef-pork/skillet-beef-and-vegetable-stew.aspx>