



Practicing *Mindful Eating*

Mindless eating; It can happen while watching TV, on our phone or just out of boredom. When we mindlessly eat, we tend to eat a lot more than we should. Mindful eating helps to bring the focus back to enjoying the taste and smells of food. Here are our top tips to help start being more mindful!



1. Ask yourself: Am I hungry?



- Some people tend to eat when they are emotional (stressed, tired, nervous, bored, etc.) even when they aren't really hungry.
- If you are hungry, eat! If you're somewhere in the middle, wait 20 minutes and then ask yourself again if you are hungry.

2. Reduce Outside Stimuli:

- Multitasking while eating distracts us from fully enjoying our food.
- Turn off phones/TVs/tablets/computers while eating a meal to help increase satisfaction and fullness.



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THE FLAVOR

3. Eat Slowly:

- Eating slowly helps us feel full. It can take about 20 minutes for the brain to realize that we are full!
- Take small bites and chew each bite 15-20 times.
- Put your fork down between bites and take your time at meals
- Try to distinguish each flavor in your food and appreciate the meal.

Emotional Eating

It is very common to eat during stressful or emotional situations. Food has always been associated with a nurturing environment, making us feel safe and relaxed. However, eating excess amounts may lead to weight gain, so it is important to find other ways to occupy your mind during emotional situations.

- Meditate
- Dance
- Spend time with family/pets
- Take a walk
- Read
- Listen to music

Easy Stove-Top Popcorn

Popcorn can be a great snack that is filling and takes a long time to eat. To avoid eating microwavable popcorns that are loaded with preservatives and butter flavorings, we can make our own healthier version on the stove!

Ingredients:

- 2 tsp. oil (olive or vegetable)
- ¼ cup popcorn kernels
- Your choice of toppings (see below!)

Popping Instructions:

1. Pour the oil into a medium sized pot on high heat
2. Place 3 kernels of popcorn into the pot and cook over medium-high heat until the kernels pop
3. Pour the rest of the kernels into the pot, covering it with a lid
4. Shake the pot occasionally until the popping slows down (~2 minutes), remove the pot from heat and take off the lid to cool.
5. Toss with your choice of seasoning and enjoy!

Toppings:

- ½ tsp powdered garlic + 2 tsp grated parmesan cheese
- ½ tsp each of Old bay seasoning, lemon zest/lemon pepper
- 1 tsp each of cinnamon/pumpkin pie spice + sugar

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Ask Endo-Nutrition Send your questions to lshack@montefiore.org and look out for answers in next month's issue!