

NUTRITION INSIGHT

Mindful Eating for the New Year

After the holidays it is tempting to set drastic New Year's Resolutions. In our diet & body image obsessed culture it can be hard to know when and what to eat. Sometimes black & white thinking takes over, such as only eating "clean" foods or categorizing foods as either good or bad. This restricted type of eating often leads to feelings of guilt when you consume foods on the "bad" list. Rather than falling into a love-hate relationship with food, consider a goal to eat more mindfully.

Mindful eating can guide food choices & improve your relationship with food. Here are some of the basics:

- **Becoming Aware of Physical Hunger**
Going too long without eating or eating unbalanced meals can make it harder to eat mindfully. Aim to eat every few hours to manage hunger & blood sugar levels. During meals, pay attention your hunger level. You don't need to feel full before you leave the table, but be sure you are satisfied.
- **Use All Senses to Choose Foods**
Pay attention to what foods you are craving in the moment. Do you want something warm & comforting, sweet, or crunchy and fresh? How do these foods make you feel after you eat them? You will be more satisfied if you recognize and accept these feelings.
- **Acknowledge Food Preferences**
Love chocolate, but not a kale lover? That's okay! We all have foods that we like and dislike. Acknowledge these preferences, without judgement. Don't force yourself to eat "superfoods" if you don't enjoy them, but give new foods a few chances before writing them off.
- **Be Present**
When we are distracted we are more likely to overeat. Start by sitting down for a meal or snack. Turn off the TV or video, put down your homework, and focus on eating.
- **Everything in Moderation**
Accepting this mantra is key to building lifelong eating habits. All foods can be part of a healthy diet, especially when eaten in a mindful or intentional way.
- **Managing Emotional Eating**
Mindful eating also encompasses how you deal with emotions such as stress, anger, & sadness. Its normal to occasionally emotionally eat, but it shouldn't be your only coping mechanism. Experiment with different activities to see what helps you stay grounded.

Nutella Oatmeal with Berries

- 1/2 cup instant oats
- 1 cup milk or milk-alternative
- 1 Tbsp Nutella
- 1/2 cup fresh or frozen berries
- 1 Tbsp chia seeds (optional)

Place oats and milk in a microwave-safe bowl & microwave for 2 minutes. Stir well and add nutella and strawberries. Enjoy!

Upcoming Events:

- Jan 23 - Make your Own Energy Bowl @ Harris Millis 5-6:30P
- Feb 14 - Smoothie Lovin' @ Marketplace; 11:30A-1P



Need to de-stress? Try a hot cup of tea, yoga, journaling, listen to music, or go for a run. Find what works for you!



Oats are high in complex carbohydrates and fiber, which helps you feel full & energized. Try the recipe below for breakfast or a healthy sweet treat.



Questions about nutrition or dining on campus? Email our Registered Dietitian at Nicole.Rohrig@uvm.edu

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