

What is Mindful Eating?

Healthy eating is more than the foods you eat. Mindful eating is one strategy you can use to focus on more than food. It is a shift from thinking about what we eat to how we eat, in a way that is flexible and positive. This shift in thinking may help you develop healthy behaviours and a positive attitude about food, setting you up for long-term success.

Being mindful can help you understand the many reasons why you may be eating. Some examples include: hunger, habit, emotions (e.g. happiness, sadness) and boredom. Once you understand why you are eating you may feel more control over your food choices. It may become easier to tune into hunger cues and choose foods that are nutritious and satisfying.



Getting Started

Canada's Food Guide encourages us to be mindful of our eating habits. Get started by thinking about the following:

Why you are eating - Consider whether you are eating because you are hungry or for another reason.

How you eat - If you rush through your meals, think about slowing down. Take time to notice how fast and how much you are eating.

What you eat - When choosing foods, consider how you feel about eating that food. Do you feel excited, guilty, or comforted? Choose nourishing foods you like. Enjoy foods that may be less nutritious in smaller portions without feeling guilty.

Where you eat - You are more likely to focus on your food when you are in an environment that is meant for eating, such as a kitchen or lunch room.

When you eat - Consider what time of day you eat and how long it has been since your last meal. Eating on a pattern that works for you will help you arrive at meals hungry, but not starving.

Food of the Month

Spiralized Vegetables



Canada's Food Guide recommends eating plenty of vegetables and fruit. Spiralized vegetables are a fun way to add more to your meals.

- Look for spiralized veggies in the produce department and in the frozen vegetable aisle. You can also make your own at home using a vegetable spiralizer.
- Experiment with different types of spiralized veggies. Some popular vegetables to spiralize include: zucchini, cucumber, beets, sweet potato and butternut squash.
- Toss spiralized veggies with olive oil and fresh or dried herbs. Roast them in the oven for a new flavour!
- Lightly sauté spiralized zucchini, sweet potato or butternut squash and enjoy with your favourite pasta sauce.
- Add raw spiralized zucchini, cucumber or beets to salads for a fun and crunchy topping.

Spaghetti Squash Alfredo

Serves 2

Ingredients:

1 medium	Spaghetti squash
1 tbsp	Margarine
2 tsp	Garlic, minced
2 tbsp	Flour, all purpose
½ cup	Milk, skim
¼ cup	Parmesan cheese, grated
¼ tsp	Pepper
⅛ tsp	Chili flakes
2 tbsp	Parmesan cheese, grated

Directions:

1. Preheat oven to 350°F.
2. Cut spaghetti squash in half length-wise. Scoop out the seeds.
3. Place squash on baking sheet. Bake for 45 mins to 1 hour, or until tender.
4. Use a fork to loosen the strands of squash and set aside.
5. Heat margarine in a saucepan over medium-low heat. Whisk in garlic and flour, cook for 1 minute. Slowly add milk and whisk until smooth.
6. Continue whisking while sauce heats and thickens. Remove from heat and stir in ¼ cup of cheese, pepper and chili flakes.
7. Turn the oven to broil or to 500°F.
8. Spoon the sauce into each half of the squash. Top with remaining cheese and place in oven for 2 - 3 minutes.

Nutrition Information per Serving:

Calories	299
Fat	13 grams
Carbohydrate	33 grams
Fibre	3 grams
Protein	16 grams
Sodium	505 milligrams

Did you know?

It takes time for your stomach to signal to your brain that you are full. Slow down at meal times to enjoy your food and to avoid overeating.

In Your Kitchen

Practice Mindful Eating at Home

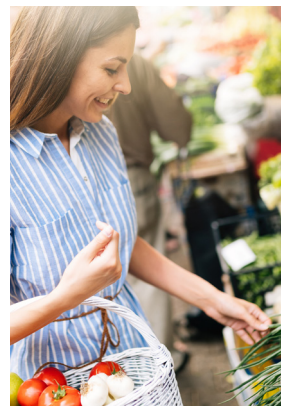
- Create an enjoyable atmosphere so that you look forward to your meal. Make an inviting spot to eat. Clear clutter from your table, turn on background music or light a candle.
- Experiment with new foods and flavours. If you don't enjoy something you've tried, try it prepared a different way. For example, if you don't like raw veggies, try roasting them for a sweeter flavour!
- Choose nutritious foods you enjoy. Include a variety of vegetables, fruit, whole grains and protein foods on your plate each day.
- Pay attention to the smell, taste, colours and textures of your food.
- Take time to eat. Make eating your meal your main focus and put other activities on hold.
- Use meal time to disconnect. Turn off your TV, computer or cell phone for a screen-free meal.
- Take time to enjoy your snacks without distractions. Portion out snacks instead of eating from the package.



Ask a Sobeys Dietitian

Q: Are there any foods that I should not eat?

A: Mindful eating is about developing a positive relationship with food and this includes foods that may be less nutritious. Try not to make any food off limits. Instead, be aware of which foods are higher in sodium, sugar and saturated fat and choose these foods less often. When you do enjoy these foods, take time to savour the taste, texture and flavour. You may find that you are satisfied with a smaller portion size!



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