

Healthy Celebration Recipes



MyWay to Health

Vegan Stuffing

This nutritious recipe is an excellent side dish to any holiday meal. Since this recipe doesn't require a turkey, enjoy it year-round with your favorite entrees.

Ingredients

- 10 cups ½ inch bread cubes from 1 pound firm whole wheat or other sandwich bread*
- 3 Tablespoons olive oil, divided
- 1 Tablespoon minced fresh garlic
- 1 cup finely chopped onion
- 1½ cup finely chopped celery
- ½ cup minced fresh parsley
- 1 teaspoon dried sage
- 1 teaspoon dried thyme
- ½ teaspoon pepper
- 2-3 cups vegetable stock

**can use gluten free bread*



Instructions

1. Preheat oven to 400° F. Oil a large shallow casserole dish.
2. Toast bread cubes on a large baking sheet in the oven until golden brown. Set aside in a large bowl.
3. Turn oven down to 350° F.
4. Heat 2 tablespoons olive oil in a large skillet on medium heat. Sauté onions, garlic, and celery until soft.
5. Using a rubber spatula, transfer veggie mixture to the bowl of bread crumbs.
6. Add parsley, sage, thyme, salt, and pepper.
7. Drizzle 1 tablespoon olive oil into the mixture and stir until mixture is well combined.
8. Add 2 cups vegetable stock and stir until absorbed. Add more stock as needed so the mixture is moist and clumped together, but not soggy.
9. Bake in a covered shallow casserole or baking dish for 25 minutes.
10. Optional: uncover and bake for another 15 minutes to form a crusty top.

Nutrition facts per serving (yields 12 servings):

Calories	Fat	Carb	Protein	Fiber	Sugar	Sodium
134	5 g	18 g	19 g	6 g	3 g	321 mg

Recipe adapted from <http://www.savvyvegetarian.com/vegetarian-recipes/vegan-stuffing.php>

Photo adapted from <https://lovingitvegan.com/vegan-stuffing/#recipe>

Shaved Brussels Sprout Salad

This simple Brussels sprout salad is the perfect side to complement to a holiday meal, or can be topped with your favorite protein to make a complete dish.

Ingredients

- 1 pound Brussels sprouts
- 2 cups kale
- ½ cup sliced almonds
- ¼ cup hemp hearts
- 2 Tablespoons olive oil
- ¼ cup lemon juice
- 1 Tablespoon honey or maple syrup
- ½ teaspoon garlic powder
- ¼ teaspoon salt
- ¼ teaspoon red pepper flakes
- Ground pepper (optional)



Instructions

1. Shave the Brussels sprouts either using a food processor, mandolin slicer, box grater or knife. Add these to a large bowl.
2. Thinly slice the kale into fine ribbons. Add these to the bowl as well.
3. Place the almonds on a small baking tray or dry skillet. Toast them in the toaster oven or sauté them until golden brown, about 2 minutes. Add those to the bowl, followed by the hemp hearts.
4. In a separate small bowl, combine the remaining ingredients. Whisk together to form the dressing. Pour the dressing over the ingredients in the bowl and mix to combine. Taste and adjust seasoning as needed.
5. Serve immediately or top with your favorite protein and enjoy!



Nutrition facts per serving (yields 8 servings):

Calories	Fat	Carb	Protein	Fiber	Sugar	Sodium
125	8 g	10 g	5 g	3.5 g	4 g	90 mg

Recipe and photo adapted from <https://www.simplyquinoa.com/best-shaved-brussels-sprout-salad/>

Naturally Sweet Cranberry Sauce

A homemade alternative to store-bought cranberry sauce with delicious hints of pineapple and orange as complimentary flavors.



Ingredients

- 24 ounces fresh cranberries
- $\frac{3}{4}$ cup pineapple juice or orange juice
- $\frac{1}{2}$ cup no sugar added applesauce
- $\frac{1}{2}$ cup water
- Juice and zest of one orange
- 3-4 Tablespoons honey or to taste optional

Instructions

1. Put cranberries, pineapple juice, applesauce and water in a sauce pan and bring to a boil.
2. Reduce to medium heat and stir constantly until the cranberries start to explode (about 10-15 minutes).
3. Reduce to a simmer and add the juice and zest to the cranberry mixture.
4. Simmer 10-15 minutes and remove from heat.
5. Cool completely and store in fridge at least 4 hours but preferably overnight before serving.



Nutrition facts per serving (yields 8 servings):

Calories	Fat	Carb	Protein	Fiber	Sugar	Sodium
90	0 g	23 g	0 g	4 g	15 g	5 mg

Recipe and photo adapted from <https://wellnessmama.com/recipes/cranberry-sauce/#wprm-recipe-container-203372>

Roasted Root Vegetables

A simple formula for roasting any mix of root vegetables — be it carrots, parsnips, sweet potatoes, beets, turnips, or rutabagas.

Ingredients

- 3 pounds root vegetables, such as carrots, parsnips, sweet potatoes, and beets
- 1 small red onion
- ¼ cup olive oil
- ½ teaspoons salt
- ¼ teaspoon freshly ground black pepper
- 2 Tablespoons coarsely chopped fresh rosemary leaves

Instructions

1. Arrange a rack in the middle of the oven and heat the oven to 425°F.
2. Peel root vegetables, if desired, then cut them into 1-inch chunks. Cut 1 small red onion into 1-inch chunks. Place the root vegetables and red onion on a rimmed baking sheet.
3. Drizzle with olive oil, sprinkle with salt and ground black pepper, and toss to evenly coat. Spread out in an even layer.
4. Roast for 30 minutes. Meanwhile, chop rosemary leaves.
5. Remove the baking sheet from the oven, sprinkle the vegetables with the rosemary, and toss to combine. Spread out in an even layer. Continue to roast until the vegetables are tender and caramelized, 10 to 15 minutes.

Nutrition facts per serving (yields 8 servings):

Calories	Fat	Carb	Protein	Fiber	Sugar	Sodium
177	7 g	27 g	2 g	5 g	8 g	254 mg

Sweet Potato Pecan Casserole

This recipe highlights the natural sweetness of sweet potatoes.

Ingredients

- 3 pounds sweet potatoes, peeled and cut into 1-inch cubes
- 2 Tablespoons butter or coconut oil
- 1 cup unsweetened applesauce
- 2 teaspoons ground cinnamon, divided
- Pinch of nutmeg
- ½ teaspoon salt
- 1 cup of chopped pecans

Instructions

1. Preheat oven to 350° F. Coat an 8-inch square baking dish with cooking spray.
2. Place sweet potatoes in a stockpot and cover with water. Bring to a boil, reduce heat and simmer until tender, about 20-25 minutes.
3. Drain potatoes and transfer to a bowl. Add butter, applesauce, 1 teaspoon of cinnamon, nutmeg, and salt. Mix with an electric mixer until smooth.
4. Spread sweet potato mixture in the prepared baking dish, top with pecans and remaining cinnamon. Bake for 40 minutes until edges begin to brown.

Nutrition facts per serving (yields 12 servings):

Calories	Fat	Carb	Protein	Fiber	Sugar	Sodium
180	8 g	26 g	3 g	5 g	7 g	160 mg

Mushroom Gravy

This easy recipe takes just 15 minutes to make.
Serve with mashed potatoes, roasted turkey, and more!



Ingredients

- 1 ounce dried porcini mushrooms (or sub 2 cups chopped cremini or shiitake mushrooms as the recipe is written*)
- 2 ½-3 cups vegetable broth
- 2 Tablespoons olive or avocado oil
- ¾ cup diced yellow or white onion
- 3 cloves garlic, minced
- 3 Tablespoons cornstarch
- 1 teaspoon minced fresh thyme
- 1 Tablespoon minced fresh rosemary
- Sea salt and black pepper to taste
- ¼ cup unsweetened plain almond milk (optional)

Instructions

1. Rehydrate dried mushrooms in vegetable broth in a large saucepan or pot. Bring to a simmer over medium heat. Once bubbling, turn off heat, cover, and let rest.
2. In the meantime, heat a large-rimmed pan over medium heat. Once hot, add oil and onion and sauté for 5 minutes. Then add garlic and sauté another 2-3 minutes, stirring frequently.
3. Add cornstarch and stir to coat. Then cook for 2 minutes more. Next, add herbs and mushrooms with their broth (reserving a little of the broth so you can adjust the thickness) and stir to combine. Cook for 2-3 minutes.
4. Transfer gravy to a blender (or use an immersion blender) and blend until smooth and creamy. Then transfer back to your pan and warm over low heat for 2-3 minutes more. At this time, you can add a bit of almond milk to lighten the color and flavor a bit (optional).
5. Taste and adjust seasonings as needed, adding more salt and pepper to taste. If gravy is too thin, scoop out a small portion of the gravy and whisk in 1-2 tsp more of cornstarch until no clumps remain. Then add it back to the larger batch – repeat as needed until desired thickness is reached. If too thick, thin with a little of your reserved vegetable broth.
6. Serve with dishes like mashed potatoes, biscuits, and more! Store completely cooled leftovers covered in the refrigerator up to 5 days or in the freezer up to 1 month.

Nutrition facts per serving (yields 9 servings):

Calories	Fat	Carb	Protein	Fiber	Sugar	Sodium
58	3 g	7 g	1 g	1 g	1 g	191 mg

Juicy Thanksgiving Turkey

This turkey recipe takes a fraction of the time to cook compared to cooking a whole bird, plus the lean meat is full of flavor to give you an all-star entrée.

Ingredients

- 1 whole bone-in turkey breast, 6-7 pounds
- 3 cloves minced garlic
- 2 teaspoons dry mustard
- 1 Tablespoon each chopped fresh rosemary, sage, thyme
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 2 Tablespoons olive oil
- 2 Tablespoon lemon juice
- 1 cup dry white wine (may substitute with chicken stock or apple juice)

Instructions

1. Preheat the oven to 325° F. Place the turkey breast skin side up on a rack in a roasting pan.
2. In a small bowl, combine the garlic, mustard, herbs, salt, pepper, olive oil, and lemon juice.
3. Gently loosen the skin away from the meat with your fingers and smear half of the paste directly on the turkey. Spread the remaining paste on the skin. Pour the wine into the bottom of the roasting pan.
4. Roast the turkey for about 2 hours until the skin is golden brown and thermometer registers 165° F when inserted into the thickest area of the breast. If the skin is over-browning, cover with foil.
5. Once cooked through, allow it to rest at room temperature for 15 minutes on a cutting board. Remove skin, slice, and serve with the pan juices spooned over the turkey.

Nutrition facts per serving (yields 16 4-ounce servings):

Calories	Fat	Carb	Protein	Fiber	Sugar	Sodium
165	3 g	2 g	28 g	0 g	1 g	200 mg

Crustless Pumpkin Pie

Save calories by skipping the crust in this classic autumn holiday dessert.

Ingredients

- 1 15-ounce can pumpkin puree
- $\frac{1}{3}$ cup brown sugar
- 2 large eggs
- 1 cup unsweetened vanilla almond milk
- $\frac{1}{4}$ cup white whole wheat flour
- 1 $\frac{1}{2}$ teaspoons pumpkin pie spice
- $\frac{1}{2}$ teaspoon baking powder
- $\frac{1}{4}$ teaspoon salt
- Vanilla Greek yogurt (optional topping)



Instructions

1. Preheat the oven to 350° F. Spray a 9-inch pie pan with non-stick cooking spray.
2. In a medium bowl, stir together the pumpkin puree, sugar, and eggs. Stir in the milk and flour. Add the vanilla, pumpkin pie spice, baking powder, and salt. Stir until all ingredients are mixed well.
3. Pour the mixture into the prepared pie pan. Bake for 40-50 minutes until set in the center and no longer jiggles when you move the pan.
4. Let cool completely, then refrigerate for 4 hours prior to serving. Use a sharp knife to gently trace the edge of the pie to separate from the pan to release it. Cut into 8 slices and serve. Top with yogurt if desired.

Nutrition facts per serving (yields 8 servings):

Calories	Fat	Carb	Protein	Fiber	Sugar	Sodium
100	2 g	15 g	3 g	2 g	11 g	130 mg

Festive Sangria Mocktail

Raise a glass of this slightly sweet and spiced alcohol-free beverage at your next holiday toast. Cheers!

Ingredients

- 3 cups pear or apple juice
- 2 cups sparkling water
- 2 pears
- 2 apples
- 2 oranges
- 1 pomegranate
- 3 cinnamon sticks
- 3 star anises
- 6 slices of ginger
- 1 tsp peppercorns
- 5 cloves

Instructions

1. Slice pears, apples, and oranges into thin slices or chunks as big as you like.
2. Remove seeds from the pomegranate.
3. Place all fruit, cinnamon sticks, star anises, ginger, peppercorns, and cloves in a big bowl or a jar and pour over pear juice.
4. Keep in the fridge for at least 5 hours or overnight.
5. Before serving, top with cold sparkling water.

Nutrition facts per serving (yields 8 servings):

Calories	Fat	Carb	Protein	Fiber	Sugar	Sodium
140	0 g	19 g	32 g	5 g	23 g	6 mg

Connect with us!



MyWay to Health

MyWay to Health is an on-site employee wellness program developed by leading experts in health and wellness at Washington University.

Individualized Wellness Consultations

Meet with a WashU Registered Dietitian to discuss **any** health or wellness topic, including nutrition, sleep, stress management, or physical activity.

Register at mywaytohealth.timetap.com

MyWay to a Health Weight

A free year-long weight management program featuring weekly support from a dedicated Registered Dietitian. This is an individualized program to help participants achieve healthy eating and physical activity goals.

Participation criteria: benefits-eligible WashU employee or immediate family member with a BMI of 25 or greater.

CONTACT US mywaytohealth@wustl.edu

For more information about our program, visit:

<https://hr.wustl.edu/items/mywaytohealth/>

TIPS FOR PARTIES AND HOLIDAYS

During the holidays, it can be difficult to stick with healthy eating habits. By planning ahead you can eat healthy, stay active, and have an enjoyable time.

BEFORE



- 1 Call the host ahead of time to find out what will be served.
- 2 Offer to decorate or plan the party rather than bake.
- 3 Volunteer to bring healthy food items and try preparing new recipes.
- 4 Identify a supportive friend for the event who can help you stay on track with your goals.
- 5 Don't go to the party overly hungry.
- 6 Park a few blocks away to incorporate additional steps.

DURING

- 1 Scope out all of the food options before deciding on what you want to eat.
- 2 Avoid having small amounts of multiple foods which can add up to more calories. Instead stick to "special" foods that you wouldn't normally eat at other occasions.
- 3 Eat at least one or two vegetables. Eat these items before eating other foods.
- 4 Avoid standing next to the food or drink table. Instead, have conversations in a different area of the room.
- 5 Focus on socializing rather than eating.
- 6 Be mindful of beverage choices. Drink a glass of water between each beverage.



HOLIDAY TIPS

Use the tips below to plan parties that are fun and still fit with your healthy eating and activity goals.

WHEN HOSTING A PARTY

- Plan your party around activities, not food (e.g., ice skating, scavenger hunts, games).
- Plan a healthy menu with a variety of fruits and vegetables.
- Modify your favorite family dishes by making healthy substitutions (include whole grains in dishes, use yogurt for dips and sauces).
- Serve calorie-free drinks like water, fruit infused water, or seltzer. Flavor water with fresh fruit and herbs.
- Put the food away after the meal is over to prevent overeating.
- Plan to make only the amount of food that you need to minimize leftovers. Send remaining food home with guests.
- Limit the variety and amount of unhealthy foods served.
- Have vegetables and fruits available for snacking.
- Serve fruit for dessert instead of cake.
- Create a food-free space for your guests to socialize.
- Use smaller plates and cups to better control portion sizes.
- If you make holiday cookies, share with neighbors and freeze any extras for later.

AT THE HOLIDAY DINNER TABLE

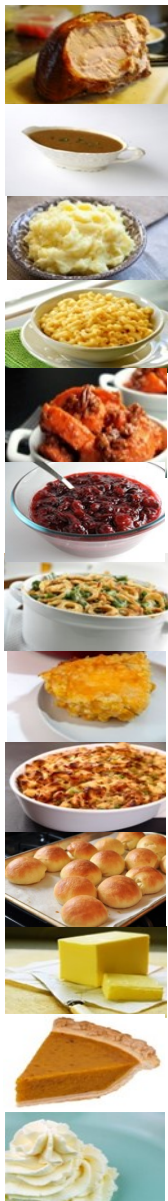
- Look over all the food options before selecting what you want to eat. By being choosy, you will save calories but not miss out on your holiday favorites.
- Eat from the smallest plate available.
- Fill at least half of your plate with fresh, roasted, or steamed vegetables.
- Use high calorie sauces and salad dressings sparingly.
- Choose leaner meat options, like baked ham and white turkey over dark meat.
- Fill your plate only once at buffet or “family style” meals. If you get seconds choose more vegetables.
- Take a small portion of a dessert.
- Be mindful of appropriate serving sizes for beverages.
- Pick light, fizzy drinks like seltzer, champagne, or wine spritzers-- the bubbles will force you to take sips and drink slowly.
- Once you have finished eating, socialize away from the food table to avoid temptation.

Building a Healthier Plate

With the holiday season comes an abundance of food-centered events. Staying on track of goals can easily become a headache when surrounded by oversized portions, an abundance of options – most of which are a variety of desserts.

Keeping true to typical portion sizes, rather than piling on a buffet sized plate, can help keep you feeling good and full of cheer through event after event. Be selective and choose appropriate portions of nutritious foods along with small portions of holiday favorites.

Aim for at least 3 food groups to create a nutritionally balanced plate. Use the comparisons below to guide your approach to healthy eating this holiday season.



Original Preparation	Calories
4 ounces Roasted Dark Meat Turkey	200
½ cup Gravy	60
1 cup Mashed Potatoes	215
½ cup Macaroni and Cheese	170
½ cup Sweet Potato Casserole	260
½ cup Cranberry Sauce	210
½ cup Green Bean Casserole	120
½ cup Corn Casserole	80
½ cup Sausage Stuffing	300
1 Dinner Roll	90
1 Tablespoon Butter	102
1 slice Pumpkin Pie	275
2 Tablespoon Whipped Cream	18
Calories	2,100

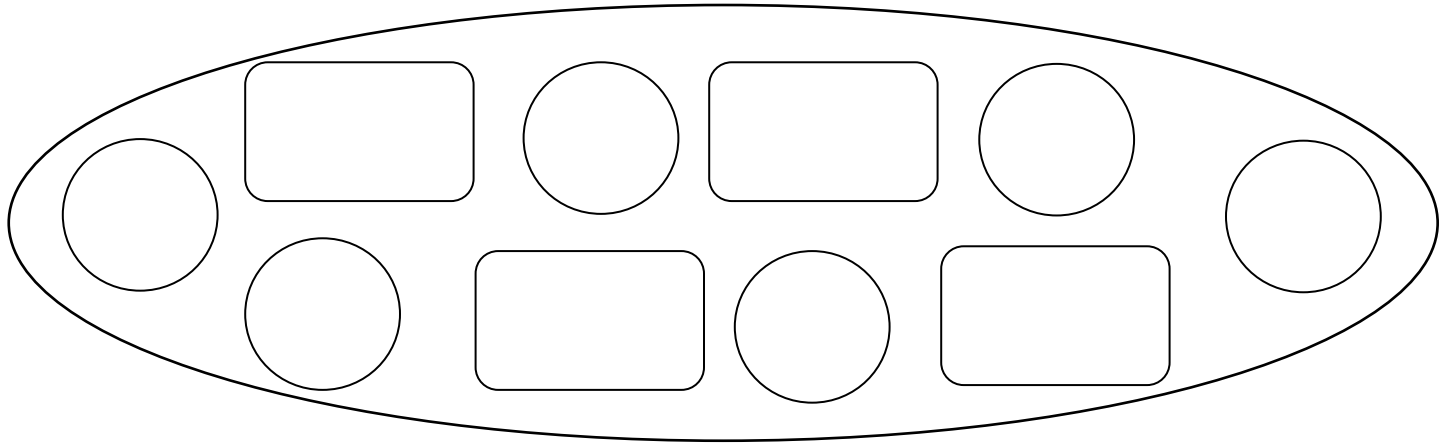
Healthier Option	Calories
2 ounces Herb-Roasted Turkey Breast	80
¼ cup Pan Juices From Roasted Turkey	10
½ cup Mashed Cauliflower	35
¼ cup Pumpkin Mac and Cheese	65
¼ cup Sweet Potato Casserole	90
¼ cup Reduced Sugar Cranberry Sauce	70
½ cup MyWay to Health Green Bean Casserole	65
½ cup Crockpot Stuffing	105
1 slice Crustless Pumpkin Pie	100
Calories	620



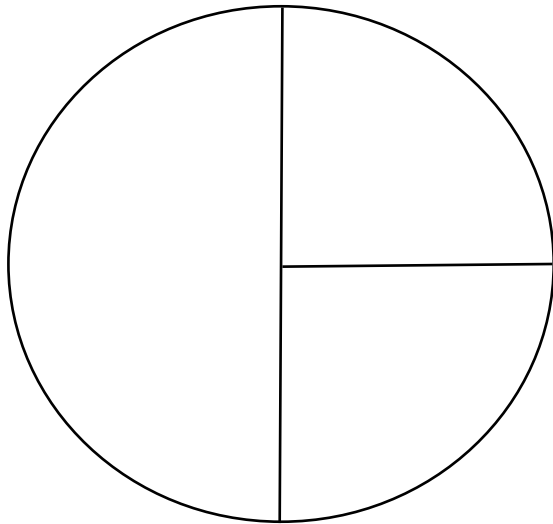
Navigating Holiday Meals

Use the guide below to brainstorm your approach to the next holiday meal.

First, brainstorm your family's traditional holiday menu. Write down the dishes present on the table below.



Next, select foods to build a balanced plate. Fill $\frac{1}{2}$ of your plate with vegetables or fruit, $\frac{1}{4}$ starch or grains, and $\frac{1}{4}$ lean protein. Aim for 3-5 different foods on the plate. Refer to the reverse side for reference.



<u>Food</u>	<u>Calories</u>
1.	
2.	
3.	
4.	
5.	

Total :

Then, develop a plan to stick to your healthy eating goals. Identify ways to stay accountable (such as using a smaller plate, or telling a family member about your commitment to healthy eating).

Strategies to navigate the holiday:

1. _____
2. _____
3. _____

Social supports to help you stick to your plan:

1. _____
2. _____
3. _____

MINDFUL EATING

Mindful Eating is a thoughtful approach to mealtime that involves reflecting on your food before, during, and after a meal. This practice allows you to increase awareness of your eating experience to help you feel more satisfied after a meal. Try these tips to make your next meal a more mindful one.

HOW HUNGRY ARE YOU?

Are you truly hungry or are you about to eat out of boredom, stress, or to satisfy a craving? Assess your hunger before you begin eating. If you are not hungry, try drinking a glass of water and progress to another activity.

TAKE A DEEP BREATH.

Or a few- this helps to relax the body and focus the mind on the meal you are about to enjoy.

SET THE TABLE.

Sit down at a table to eat, remove distractions like TV, reading, music, or work. This lets you focus on your food and enjoy it completely.

EAT TO GIVE YOUR BODY GOOD HEALTH.

Pick foods that are nutritious and will help you reach your healthy eating goals. Select foods from at least three of the main food groups- fruits, vegetables, protein, grains, and dairy.

THINK ABOUT THE JOURNEY OF YOUR MEAL.

What ingredients are in your food, and how did they get there? Think about who made the food and the effort and thought that went into preparing the meal.



MINDFUL EATING

GO SLOW.

Take one bite and then put your fork down. Sit back and appreciate the smells, flavors, and feelings of the food in your mouth. Set your fork down between every bite and take a sip of water so you pay attention to every bite.

TAKE A HALFTIME BREAK.

Midway through the meal, pause to think about where your hunger levels are now. Are you still hungry? How much more food do you need to feel full, but not stuffed? The stomach takes 20 minutes to recognize the feeling of fullness, so eating slowly is the best way to assess your hunger without overeating.

REFLECT ON YOUR DAY.

How did the food you ate today make you feel? What can you do differently tomorrow and in the future to stay on track with your nutrition goals?



EATING MINDFULLY



MyWay to Health

Eating is an automatic process that can require little thought. We are so practiced at eating while doing other things (working, watching TV, reading) that many of us hardly consider that multitasking. However, this can impede our ability to treat ourselves with kindness. When we start paying attention to the *why, what, and how of eating*, we become more in tune with the impact eating can have on our mood, physical feelings, and future behaviors.

WHY

WHY AM I EATING?

Before - Notice the physical sensations in your body. Is there a feeling of hunger in the stomach? Perhaps you feel hunger in your head or elsewhere in your body.

Is there a dip in energy or general crankiness? Notice how you are feeling emotionally. Are you happy, sad, stressed, anxious, or neutral?

During - Can you tune back into your body and emotions as you eat? Is eating still satisfying a need, or has it moved into habit? The reason we eat can change during the process. Check back in to see if the 'why' has changed.

WHAT

WHAT AM I EATING?

What are you reaching for?

Preference: Sweet or salty? Crunchy or creamy?

Health: Is it a nourishing choice, or something else?

Intention: Is this something you prepared or planned for? Is it something that is available readily in your environment? Is it something that seems special, or that you can't get ordinarily? Is the intention to feel satisfied until your next meal, or to satisfy another urge - boredom, comfort, etc.

HOW

HOW AM I EATING?

Before - What is in your environment? Is it noisy or quiet? Are there very many distractions? Are you planning to multitask while eating?

During - What is the pace of your eating? Are you tasting the food? What are you thinking about while eating? Are you enjoying the food? How does your stomach feel? What emotions are you experiencing?

After - How are you feeling in your body now that you have finished eating? What do you feel like doing now? How are you treating yourself, now?

Mindful Eating Journal

Date: _____ Day: M T W TH F Sa Su

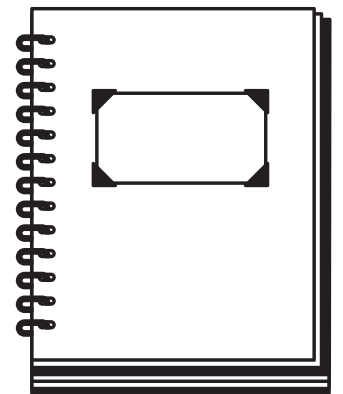
TIME	HUNGER RATING		PLACE	FOOD/BEVERAGE	THOUGHTS/FEELINGS
When did I eat last?	1 = starving 10 = very full		Where did I eat? Were there any distractions around me? Who did I eat with?	What did I eat?	How did I feel before, during, and after eating?
	Before	After			

DAILY REFLECTION

Were there any events or situations today that provoked food cravings? What cravings were they? Did you eat anything out of habit? Or because of how you were feeling (i.e. happy, stressed, bored)?

Were there any foods that you enjoyed eating? What were they? Did you try any new foods today? Or any you'd like to try?

Other Notes:



THE HUNGER SCALE

Evaluate your hunger and satiety levels before, during, and after each time you eat. Aim to listen to your body, and stay in the shaded levels (numbers 4-7).

1. You are so hungry, you feel weak and would eat anything
2. You feel irritable and very hungry, and need to eat quickly
3. Your stomach is growling and you feel low energy
4. You can tell you are getting hungry and are thinking about eating soon
5. You are neither hungry nor full
6. You feel satisfied, but could still eat more
7. Completely satisfied and no longer hungry
8. Your stomach feels full, and you do not want anything else to eat
9. Your stomach feels very full and uncomfortable
10. Your stomach is too full, causing feelings of discomfort and pain

MINDLESS EATING HABITS

Mindless eating can easily occur when we are distracted and not present in our eating practices. Use this tool to identify any patterns of mindless eating you may experience. Create a plan to implement mindful eating practices in these situations.

CLEAN PLATE EATING

Eating everything on your plate regardless of hunger level, or feeling guilty about wasting uneaten food

CONVENIENCE EATING

Grabbing what is handy or easy to eat rather than preparing healthier options. This often leads to eating fast food or snack items

DESIRE-TO-FEEL-FULL EATING

Worrying about not feeling full, and sometimes overeating in fear of not being full

DRAWN-TO-CERTAIN-FOODS EATING

Overeating a certain type of food (such as sweet, salty, or crunchy foods)

EMOTIONAL EATING

Eating in response to experiencing a strong emotion, whether positive or negative, like joy, excitement, pain, or sadness.

FREE FOOD EATING

Eating free food regardless of hunger level or type of food

GOOD JOB EATING

Using food as a reward or treat

HABITUAL EATING

Having routines around mindless eating, like snacking while watching a favorite TV show every night, or stopping by the drive-thru when driving home from work

INSTANT GRATIFICATION EATING

Seeing it and wanting it. Wanting the immediate reward of eating a desired food

LOVE-THE-TASTE EATING

Enjoying the taste of a certain food so much, that you are always interested in consuming more of it



MINDLESS EATING HABITS

MULTITASKING EATING

Doing another activity while eating (such as talking on the phone, driving, or reading the newspaper)

'OH, WELL!' EATING

Going off track from healthy eating plans, and then giving up for the rest of the day

PORTION EATING

Feeling the urge to eat the entire serving, and having trouble stopping before finishing the serving

RESTAURANT EATING

Viewing eating out as a treat and overeating at restaurants

SECOND HELPING EATING

Automatically going back for another serving of whatever you are eating

SECRET EATING

Eating in private or secret. Eating with others and then eating again later when no one is watching

SNACK GRAZING

Unplanned between-meal snacking or eating a little here and there

SOCIAL EATING

Overeating or mindlessly eating in social situations with other people, who are also often mindlessly eating

TANDEM EATING

Eating the same amount and at the same pace as your dining companions

TIME CLOCK EATING

Eating by the clock (such as sitting down to eat at noon whether you are hungry or not)

ZONED-OUT EATING

Munching on food while watching TV, not really tasting or enjoying the food. Eating with no real awareness of how much you are eating or how it tastes

REFLECTION

After becoming more aware of your personal eating habits, reflect on the situations that lead to these occurrences for you. What strategies might you use to eat more mindfully? For additional assistance, contact your Wellness Consultant.

BREATHING EXERCISES

Deep breathing is one of the best ways to lower stress in the body. Practicing slow, controlled breathing sends a message to your brain to calm down and relax. The body shows signs of stress through increased heart rate, fast breathing, and high blood pressure, all of which decrease as you breathe deeply to relax.



BELLY BREATHING

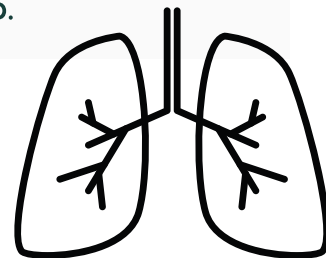
1. Sit or lie flat in a comfortable position.
2. Put one hand on your belly just below your ribs and the other hand on your chest.
3. Take a deep breath in through your nose, and let your belly push your hand out. Your chest should not move.
4. Breathe out through pursed lips as if you were whistling. Feel the hand on your belly go in, and use it to push all the air out.
5. Do this breathing 3 to 10 times. Take your time with each breath.
6. Notice how you feel at the end of the exercise.

This might feel strange, as most people breathe primarily in their chests.

4-7-8 BREATHING

1. To start, put one hand on your belly and the other on your chest as in the belly breathing exercise.
2. Take a deep, slow breath from your belly, and silently count to 4 as you breathe in.
3. Hold your breath, and silently count to 7.
4. Breathe out completely through pursed lips as you silently count to 8. Try to get all the air out of your lungs by the time you count to 8.
5. Repeat 3 to 7 times, or until you feel calm.
6. Notice how you feel at the end of the exercise.

This practice slows your heart rate quickly and can help you get ready for sleep.



BREATHING EXERCISES

ROLLING BREATHING

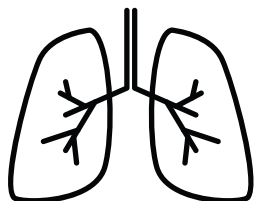
1. Put your left hand on your belly and your right hand on your chest. Notice how your hands move as you breathe in and out.
2. Practice filling your lower lungs by breathing so that your "belly" (left) hand goes up when you inhale and your "chest" (right) hand remains still. Always breathe in through your nose and breathe out through your mouth. Do this 8 to 10 times.
3. When you have filled and emptied your lower lungs 8 to 10 times, add the second step to your breathing: inhale first into your lower lungs as before, and then continue inhaling into your upper chest. Breathe slowly and regularly. As you do so, your right hand will rise and your left hand will fall a little as your belly falls.
4. As you exhale slowly through your mouth, make a quiet, whooshing sound as first your left hand and then your right hand fall. As you exhale, feel the tension leaving your body as you become more and more relaxed.
5. Practice breathing in and out in this way for 3 to 5 minutes.
6. Notice that the movement of your belly and chest rises and falls like the motion of rolling waves.
7. Notice how you feel at the end of the exercise.

This practice helps you to develop full use of your lungs and to focus on the rhythm of your breathing.

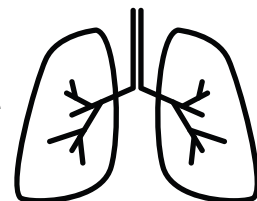
MORNING BREATHING

1. From a standing position, bend forward from the waist with your knees slightly bent, letting your arms dangle close to the floor.
2. As you inhale slowly and deeply, return to a standing position by rolling up slowly, lifting your head last. Hold your breath for just a few seconds in this standing position.
3. Exhale slowly as you return to the original position, bending forward from the waist.
4. Notice how you feel at the end of the exercise.

Try this exercise when you first get up in the morning to relieve muscle stiffness and clear clogged breathing passages. Then use it throughout the day to relieve back tension.



Adapted from: Healthwise Staff
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BODY SCAN

A body scan is a simple mindfulness technique that helps you become more in tune with your body, and allows you to release stress in both body and mind. This meditation can be performed daily, or multiple times per day, and does not require any additional equipment.

Allow yourself to assume a comfortable position, sitting or lying down, whatever feels appropriate.

Breathe naturally, you do not need to change or manipulate it in any way. You can settle in to the rhythm of the body breathing, the rise and fall of the abdomen, and the sensation of air passing in and out of the nostrils. You may choose to follow the breath thinking “breathing in” or “in” as you breathe in, and “breathing out” or “out” as you breathe out. Simply observe the breath in a way that makes sense to you, and allowing awareness to encompass the whole body breathing.

HEAD

Gently begin to narrow the floodlight of awareness into a spotlight of attention, letting the spotlight shine on the head. Breathing in and out, explore any sensations, or lack of sensations, present in the top of the head. Then move on to the back of the head and the ears.

Now move the attention around to the front of the head and the face. Notice any sensations, or lack of sensations, that might be present in the forehead...the eyes...the cheeks...the mouth.

Whenever you find that your attention drifts from the spotlight on the body, simply bring it back as best you can.

TORSO

Allow your attention to move to the neck and shoulders. Return to your breathing, remembering that you do not need to fix anything. You are simply observing what is present in the neck and shoulders.

Move on to the back...the upper back...mid-back...lower back. Acknowledge that the back carries a lot of your load and stores a lot of your tension. Take a moment to give your back some attention and appreciation.

Now move the spotlight of attention to the front of the body...the chest...the stomach. If possible, bring awareness to your internal organs, however that makes sense to you. Notice what sensations, lack of sensations, or emotions are present in the front of the body.

BODY SCAN

LEGS

Move to your hips and seat...observe whatever sensations, lack of sensations, or emotions are present. Notice points of contact between the body with the chair or ground, and any heaviness or lightness.

Gradually bring the spotlight to your thighs...knees...lower legs...ankles...and feet. As best you can, just sense the legs and feet, noticing what's there.

Whenever you find that your attention drifts from the spotlight on the body, simply bring it back as best you can.

WRAPPING UP

Finally, let the spotlight return to a floodlight of attention over the entire body again. Allow your awareness to rest on whatever sensations arise in the body...breathing into that place...and softening around it as you exhale.

Take a few moments to allow your awareness to come back to the breath and the whole body breathing. Then slowly begin to stretch, opening the eyes when you feel ready.

