



New Horizon Foods Nutrition News

April 2016 Edition

April focuses on Stress Prevention and ways to Relieve Stress

Practice Mindful Eating Under Stress

steps to mindful eating

This ancient practice can transform the way you think about food and set the stage for a lifetime of healthy eating.

Like most of us, you've probably eaten something in the past few hours. And, like many of us, you may not be able to recall everything you ate, let alone the sensation of eating it. Because we're working, driving, reading, watching television, or fiddling with an electronic device, we're not fully aware of what we're eating.

By truly paying attention to the food you eat, you may indulge in foods like a cheeseburger and fries less often. In essence, mindful eating means being fully attentive to your food—as you buy, prepare, serve, and consume it. Here are some helpful tips to help practice mindful eating.

- 1. Begin with your shopping list.** Consider the health value of every item you add to your list and stick to it to avoid impulse buying when you're shopping. Fill most of your cart in the produce section and avoid the center aisles—which are heavy with processed foods—and the chips and candy at the check-out counter.
- 2. Come to the table with an appetite—but not when ravenously hungry.** If you skip meals, you may be so eager to get anything in your stomach that your first priority is filling the void instead of enjoying your food.
- 3. Start with a small portion.** It may be helpful to limit the size of your plate to nine inches or less.

4. Appreciate your food. Pause for a minute or two before you begin eating to contemplate everything and everyone it took to bring the meal to your table. Silently express your gratitude for the opportunity to enjoy delicious food and the companions you're enjoying it with.

5. Bring all your senses to the meal. When you're cooking, serving, and eating your food, be attentive to color, texture, aroma, and even the sounds different foods make as you prepare them. As you chew your food, try identifying all the ingredients, especially seasonings.

6. Take small bites. It's easier to taste food completely when your mouth isn't full. Put down your utensil between bites.

7. Chew thoroughly. Chew well until you can taste the essence of the food. (You may have to chew each mouthful 20 to 40 times, depending on the food.) You may be surprised at all the flavors that are released.

8. Eat slowly. If you follow the advice above, you won't bolt your food down. Devote at least five minutes to mindful eating before you chat with your tablemates.



Favorite Comfort Foods: Healthy Fettuccine Alfredo

Ingredients

- 1 lb. uncooked fettuccini noodles
- 3 small heads cauliflower
- 6 cups vegetable broth
- 6 cloves garlic, minced
- 1 tablespoon butter
- 1 teaspoon salt
- Pinch of nutmeg
- Pinch of black pepper
- 1 tablespoon olive oil
- ¼ cup heavy cream
- 1 cup starchy boiling water from pasta pot

Directions:

1. Chop the cauliflower. Bring vegetable broth to a boil over medium high heat and add cauliflower. Cook until cauliflower is soft, about 15 min.
2. Melt the butter in a large skillet over medium heat. Add the minced garlic and sauté' for 4-5 min. or until soft.
3. As the garlic and cauliflower are cooking, bring a large pot of water to boil and cook fettuccine according to package directions. Save some of the starchy water to add to the sauce later.
4. Put cauliflower in bowl with 2 cups of broth. Use blender to blend together. Add sautéed garlic, salt, nutmeg, and black pepper and puree until smooth. Stream olive oil into the blender. Add more broth or water if the mixture is too thick to move through the blender. You want it to turn through the blender easily. When puree is very smooth, transfer back to the butter/garlic skillet.
5. Add the cream and cook over low heat. Add the starchy pasta water and keep warm until ready to serve. Combine noodles and sauce in a large pot or skillet and serve immediately.



Tips to Manage Stressful Situations

1. Listen to music
2. Call a Friend
3. Talk Yourself Through it
4. Eat right
5. Use Humor – Laugh
6. Try Tea
7. Be Mindful
8. Exercise
9. Get adequate Rest

Stress levels and a proper diet are closely related. Unfortunately, it's when we have the most work that we forget to eat well and resort to using sugary, fatty snack foods as a pick-me-up. Try to avoid the vending machine and plan ahead. Fruits and vegetables are always good, and fish with high levels of omega-3 fatty acids have been shown to reduce the symptoms of stress.

Get Involved in Your Community - A great way to be Active!

Get involved in your community! Helping and being a part of something positive is a great way to relieve stress!

Organize a neighborhood dog walk

Start or Join a Community garden

Help with a neighborhood clean-up program

Help an elderly neighbor with yard work