

Get a Taste for Nutrition

with
Judy's Top Ten Food & Feelings Tips

1. Beginning each day with breakfast, eat three meals and 1-3 snacks everyday, every 2 to 4 hours to keep from getting too hungry.
2. Include one good source of calcium, a serving of protein and complex carbohydrate and some healthy fat for satiety at each meal.
3. Give your food the attention it deserves. Eat slowly and have meal times be relaxing and enjoyable. Sit down at a table, do not multi-task at your main meals, and truly taste each bite you eat. Honor your hunger and pay attention to cues that you are beginning to feel physically full.
4. Choose at least three servings of whole grains each day. Examples include: 1/2 to 1 cup cooked cereal or 1 cup whole grain dry cereal at breakfast, two slices of whole grain bread for a sandwich at lunch, 1 cup of whole grain pasta at dinner, and whole grain crackers for an evening snack.
5. Snack from a plate, not the box. Take time to put a serving of food on a plate or in a bowl. Eat that portion. If you are still hungry for more, put another serving on the plate. Avoid handfuls out of the box or bag. Better yet, read the Nutrition Facts label and do not purchase snack foods that come in a box or bag until food processors adjust for the trans fat. Make your own snacks from whole, unprocessed foods; they will be less expensive, too.
6. Include some healthy fat at each meal or as snacks. Examples are peanut butter on toast at breakfast, tuna or other fish at least twice per week, salad oil (olive, canola, soy or other) in a salad dressing or in cooking, two tablespoons of your favorite nut for a snack and reduced fat salad dressing with sandwiches or homemade salads. Fats serve many functions in the diet and will help prevent cravings between meals.
7. Continue or begin to eat 5 servings of fruits and vegetables each day. Are you more vegetable-prone or fruit-prone? Eat more of the food group you like. Some menu ideas include: an orange for breakfast, an apple for snack, spinach salad for lunch, banana/strawberry smoothie before a work-out, steamed broccoli/cauliflower with dinner and baby whole carrots with hummus for a bedtime snack.
8. Eat healthy, don't 'diet'. Especially avoid 'crash diets'. Your body will adjust to the reduced food intake and may even 're-set' your basal metabolism leading to gaining the weight back and then some. The best way to lose weight and keep it off is to lose it slowly through lifestyle changes. Rapid weight loss may feel good in the short term, but usually the lost weight is water weight and that weight will come back quickly. Your body, thankfully, has a built-in mechanism for protecting your health from chronic 'dieting'.
9. Address emotions with activities other than eating. Deal with stressful situations by talking them out, taking a hot shower, going for a walk or writing about it.
10. "Now I've Blown It Completely". There is no such thing as a perfect eating plan or exercise regimen. ALL foods can fit in moderation and it's ok to take a day or two off from exercise.