Mindful Eating

Do you think about food when you’re eating?
Many of us don’t!
We think about everything else…our kids, work, television and family. We stare at the television or read the paper while putting food in our mouths.

1 Slow down when eating! Try to eat and stay at the table for 10 to 20 minutes.

2 Enjoy your food! Take small bites and enjoy the texture, flavor and smell of your food.

3 Listen to your body. There is a point when you will feel satisfied by food. Stop eating when you feel satisfied – not too full, not too hungry.

4 Turn off the television when eating. You could easily eat a large amount of food without thinking about it while watching television or reading the paper.

Watch for your “eating pause”
This is when your body is saying it’s had enough food.

Most people will stop eating during a meal, put their fork down and not eat for a short time. This is called an “eating pause”.

This is the time when you are probably satisfied by food – not too full, not hungry.

Some of us will look at our plate and keep eating after this “eating pause”. We may eat because there is still food on our plate. Then we could overeat and feel stuffed.

Avoid mindless eating.

Small Bites
Get together with family and friends during the Holiday Season. It’s a great time to celebrate the past year and look forward to future fun times.

Serve some fun finger foods:
- Chicken or Turkey Meatballs
- Beef Meatballs - stuffed with a small piece of string cheese
- Stuffed Mushrooms
- Fruit Chunks on a pretzel
- Ham and Cheese Roll-ups
- Peanut butter and jelly on whole wheat crackers
- Watermelon chunks, Strawberry slices
- Roasted Chickpeas

Roasted Chickpeas
1 (15 ounce) can chickpeas
1 tablespoon olive oil
1 tablespoon Cajun seasoning

1 Drain and rinse the chickpeas. Dry the chickpeas. Combine chickpeas, oil and Cajun seasoning.

2 Place chickpeas on a metal baking sheet. Bake in a 400° oven for 30 minutes. Shake the chickpeas every 10 minutes.

Tip - try different spices such as chili powder, curry powder, oregano, cumin or garlic powder.
Chicken Bean Soup

Serve this hearty soup in small bread bowls.
Cut off the top of a crusty roll.
Scoop out the inside of the roll.
Fill with warm soup.

- 2 tablespoons olive oil or canola oil
- 1 cup chopped onion
- 1 cup chopped carrots
- ½ cup chopped celery
- 2 garlic cloves, minced
- 1 (15 ounce) can cannellini beans, drained & rinsed
- 2 (14.5 ounce) cans low sodium chicken broth
- 2 cups water
- 1 cup chopped spinach or kale, optional
- 1 cup cooked, chopped chicken
- 1 tablespoon dry Italian herbs

1. Heat oil in a skillet over medium heat.
   Add the onion, carrots and celery.
   Cook for about 5 minutes, stirring a few times.
2. Add the minced garlic to the skillet and cook for 1 more minute.
3. Place the cooked vegetables, beans, water and chicken broth in a large saucepan.
   Cover and simmer for 30 minutes.
4. Add the spinach or kale, chicken, and herbs to the soup. Simmer for 10 more minutes.
5. Season with salt and pepper. Serve.

Enjoy warm soups made with lots of vegetables, beans and a small amount of meat.
Soup is a great family meal that stretches your food dollar!

Pumpkin Cornbread

Serve muffins for breakfast or a snack.

- 1 cup all purpose flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- ½ teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/2 cup brown sugar
- 1 cup cornmeal
- 2 large eggs
- 1 cup pumpkin puree
- 1/4 cup vegetable oil
- 1 tablespoon molasses

1. Preheat the oven to 400°.
   Spray a muffin pan with nonstick cooking spray.
2. Stir together the flour, baking powder, salt, spices, brown sugar, and cornmeal in a medium bowl.
3. Beat the eggs with a mixer in another bowl. Stir the pumpkin, oil and molasses with the eggs.
4. Stir the wet ingredients into the dry ingredients just until combined.
   Pour the batter into the muffin tin, filling each about 2/3 full.
5. Bake 20 to 25 minutes or until a toothpick inserted in the center comes out clean.

What can you do?

- Enjoy food while I’m eating and avoid mindless eating.
- Plan a family celebration with fun finger foods.
- Cook the Chicken Bean Soup or Pumpkin Cornbread Muffins.
- Other: ____________________________________________