



NEWSLETTER FROM YOUR PARISH NURSE



Greetings!

This month I'd like to share with you, an article from the Harvard Women's Health Watch. called "8 Steps To Mindful Eating"

The author, Dr. Liliam Cheung is a Nutritionist and lecturer at the Harvard School of Public Health. She contends that most of us do not think about what we are eating, and if someone is asked what they had for dinner last night they would be unable to remember, possibly contributing to the national obesity epidemic.

What is mindful eating?

Mindfulness means focusing on the present moment, while calmly acknowledging and accepting your feelings, thought and bodily sensations. The tenets of mindfulness goes beyond the individual. It also encompasses how what you eat affects the world. Although the ideal mindful eating food choices are similar to the Mediterranean diet centered on fruits, vegetables, whole grains, seeds, nuts and vegetables oils. This technique can be applied to a cheeseburger and fries. Mindful eating means being fully attentive to your food- as you buy, prepare, serve and consume it. This doesn't happen over night but these suggestions may help.

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 are shopping. Fill most of the cart in the produce section and avoid the center aisles which are heavy with processed food and chips and candy.

2 Come to the table with an appetite—but not when you are ravenously hungry.

If you skip meals you may be so eager to get anything in your stomach that you fail to enjoy the meal.

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 every thing and every one it took to bring the meal to your table.

5 Bring all your senses to the meal.

When you are cooking, serving, and eating your food, be attentive to color, texture, and even 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 foods when your mouth isn't full. Put down your fork between bites.

7 Chew thoroughly.

Chew well until you can taste the essence of the food.

8 Eat slowly.

If you follow the advice in this letter you won't bolt your food down.