



Mindful Eating

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Today's presenters



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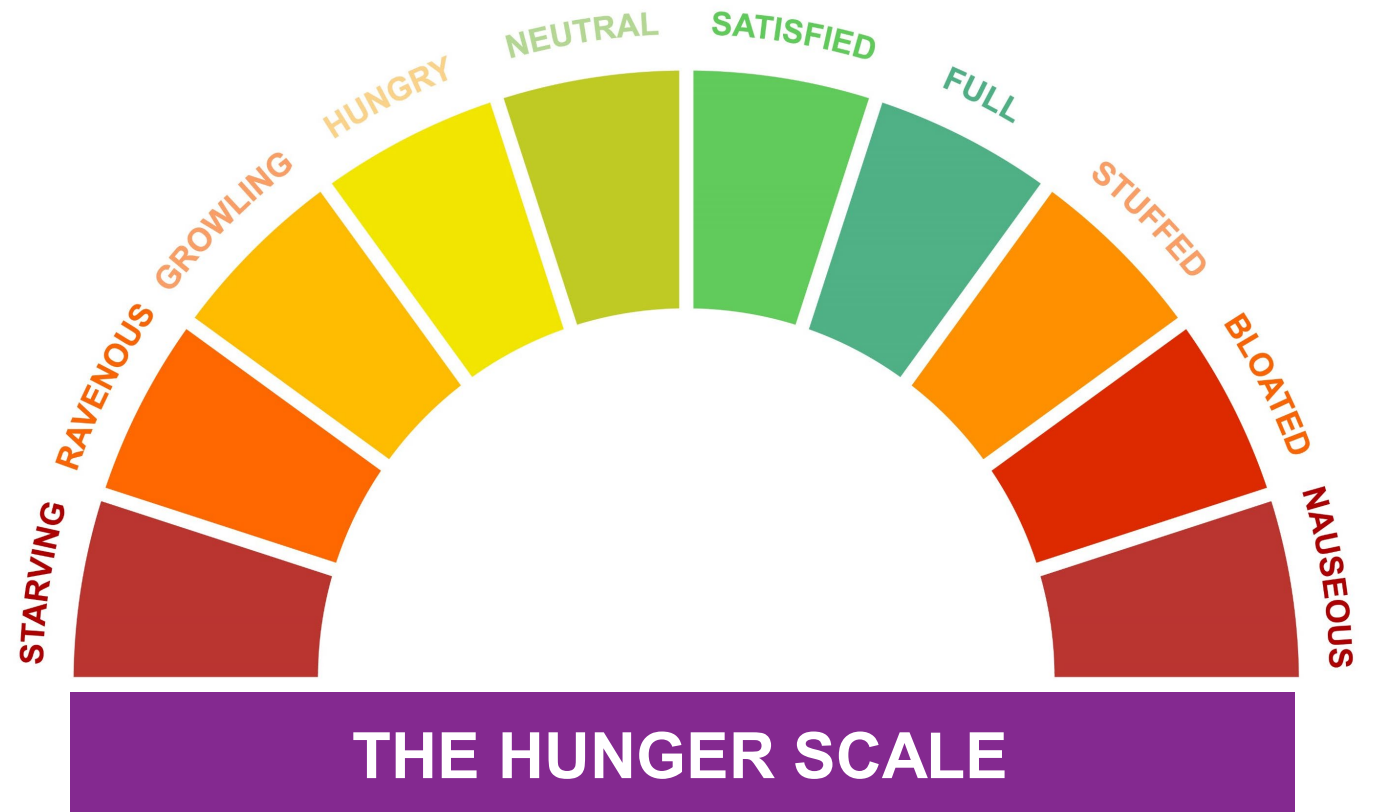
Agenda

- What is mindful eating?
- How to be mindful with:
 - Shopping
 - Eating
 - Living



We know mindless eating

- Does not pay attention
- Emotional response
- Feelings of guilt and shame



What is mindful eating?

- We were all born as mindful eaters!
- Re-learning how to assess hunger and fullness cues
- Choosing to eat food that is pleasing to you and nourishing to your body



Mindful eaters

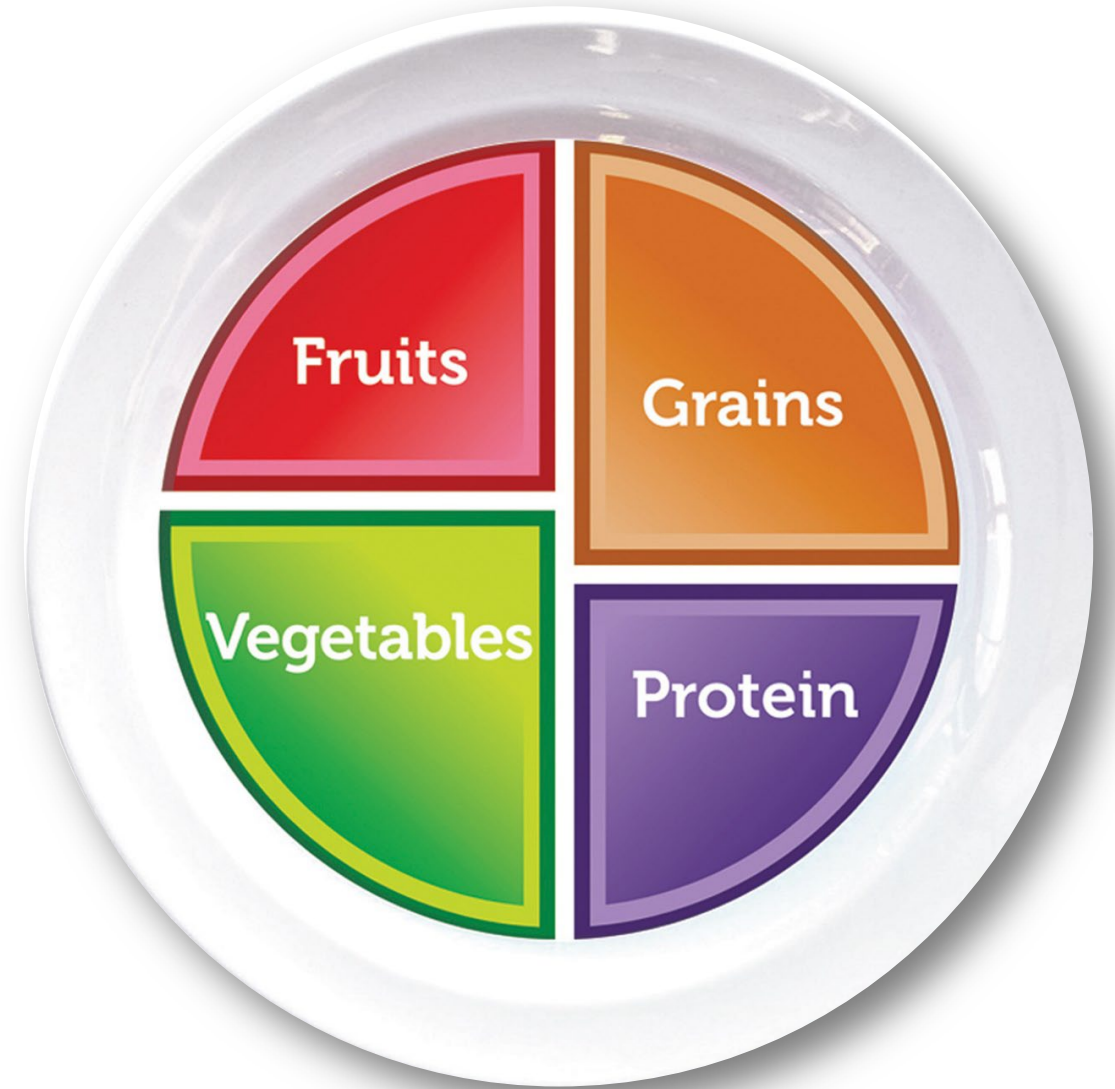
- Make eating choices without guilt or confusion
- Are less likely to feel out of control or eat to cope with emotions
- Are less likely to snack without noticing
- Feel more confident around eating



Change the way you think about food

- All foods fit in a healthy diet — it's how you arrange them on your plate that matters!
- Practice balance, variety and moderation

Food has no moral value.





Perceived “bad” foods

Higher in sodium, saturated fat and sugar



Perceived “good” foods

Rich in vitamins, minerals and fiber

All foods fit

- Eat balanced
- Eat treats in moderation

Make peace



with food

Mindful planning

- Don't skip meals!
- Develop a routine
- Meal plan





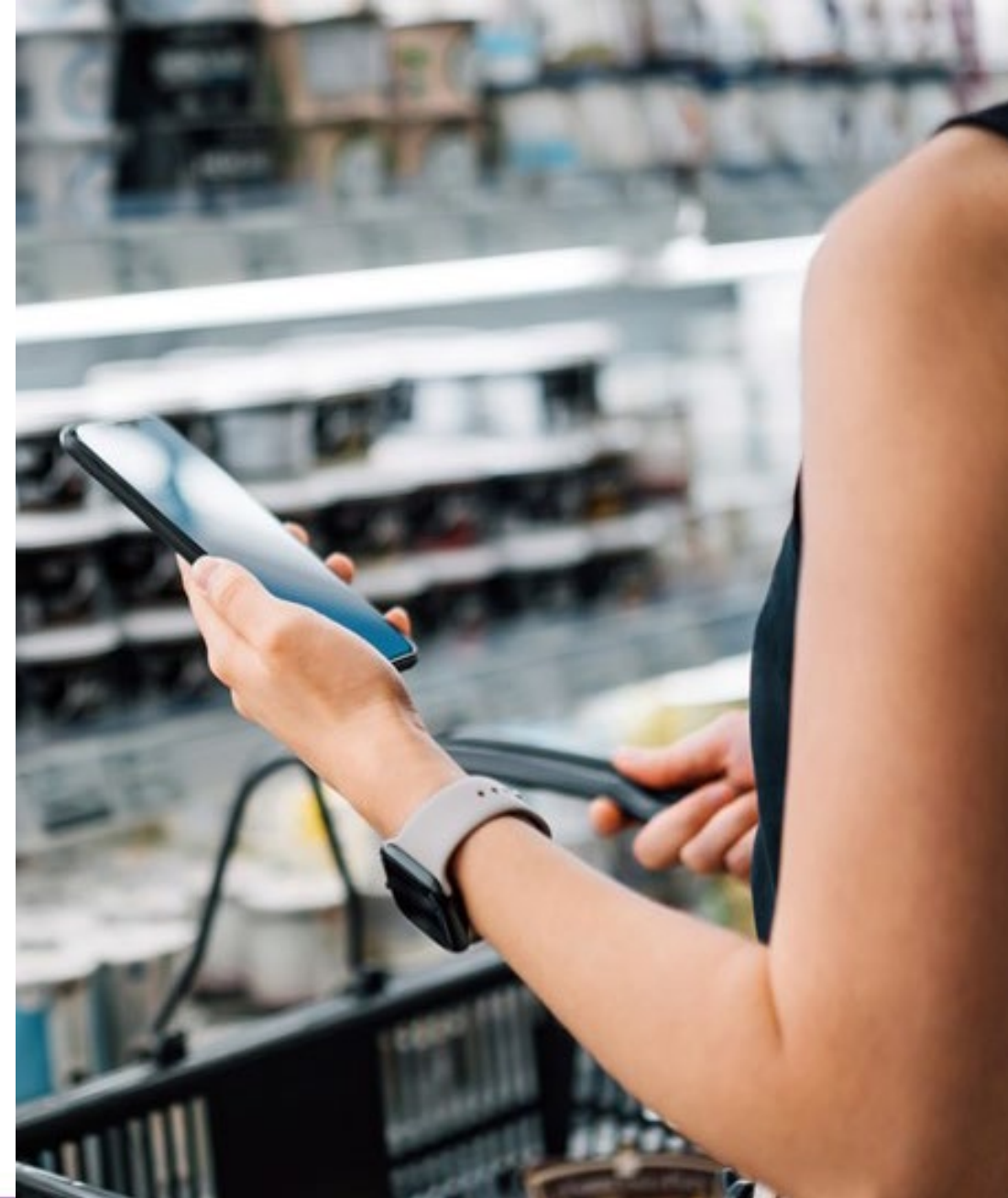
- Use what you have
- Map out your meals based on MyPlate
- Use ingredients that are lower in added sugars, saturated fat and sodium
- Keep your schedule in mind

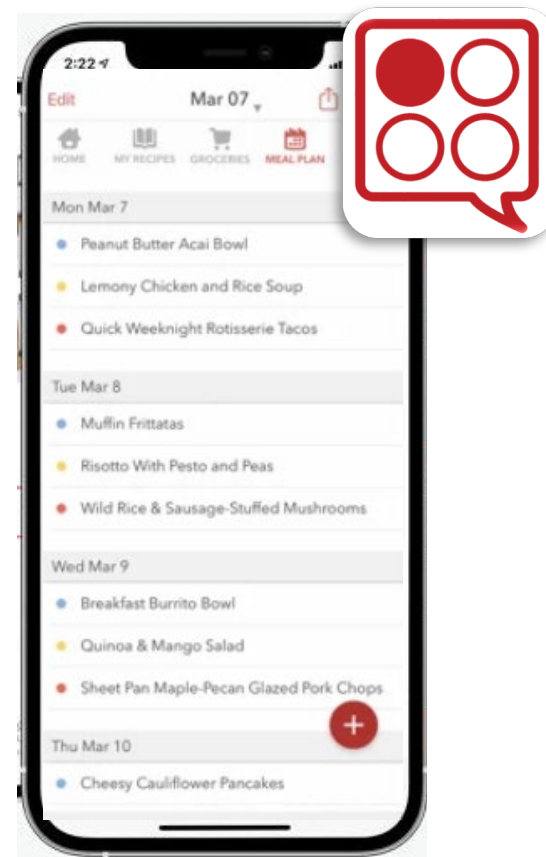
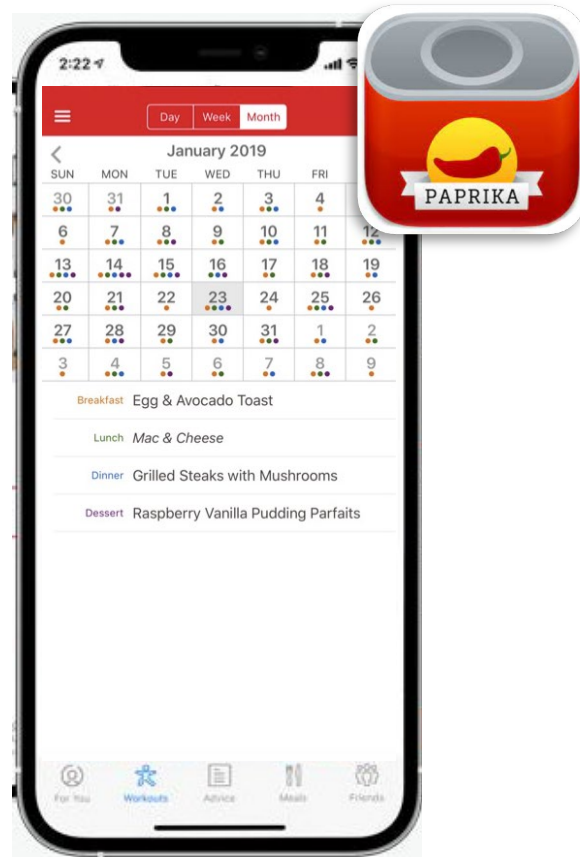
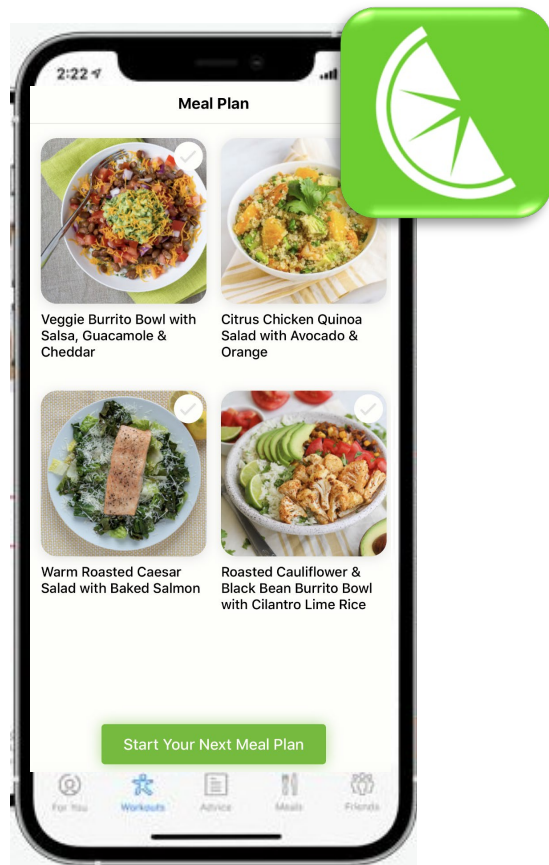
Meal planning tips

Take a meal planning class:
giantfood.com/nutrition

Shop with a plan

- Make a list
- Have a snack first
- Read the labels





Meal planning resources

Meal planning, grocery lists and nutrition (there's an app for that)

Mindful shopping

- Nutrition gatekeeper
- Choose products you enjoy
- Pick foods that will nourish you
- Shop with a list



Read the labels: Nutrition Facts panel

The key to making all foods fit:

- Serving size
- Calories
- Total fat
- Sodium
- Total carbohydrate
- Protein

Goal: % daily value of 5% or lower

| Nutrition Facts | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------|
| 8 servings per container | |
| Serving size | 2/3 cup (55g) |
| Amount per serving | |
| Calories | 230 |
| % Daily Value* | |
| Total Fat 8g | 10% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 160mg | 7% |
| Total Carbohydrate 37g | 13% |
| Dietary Fiber 4g | 14% |
| Total Sugars 12g | |
| Includes 10g Added Sugars | 20% |
| Protein 3g | |
| Vitamin D 2mcg | 10% |
| Calcium 260mg | 20% |
| Iron 8mg | 45% |
| Potassium 240mg | 6% |
| <small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small> | |

Read the labels: Ingredients list

Look for more:

- Whole grains
- Plant oils

Look for less:

- Hydrogenated oils
- Added salt
- Added sugar

First item is highest amount, last item is the least amount



Be present with your meals

- Turn off technology
- Tune into the meal
- Time it!
 - 20 to 30 minutes



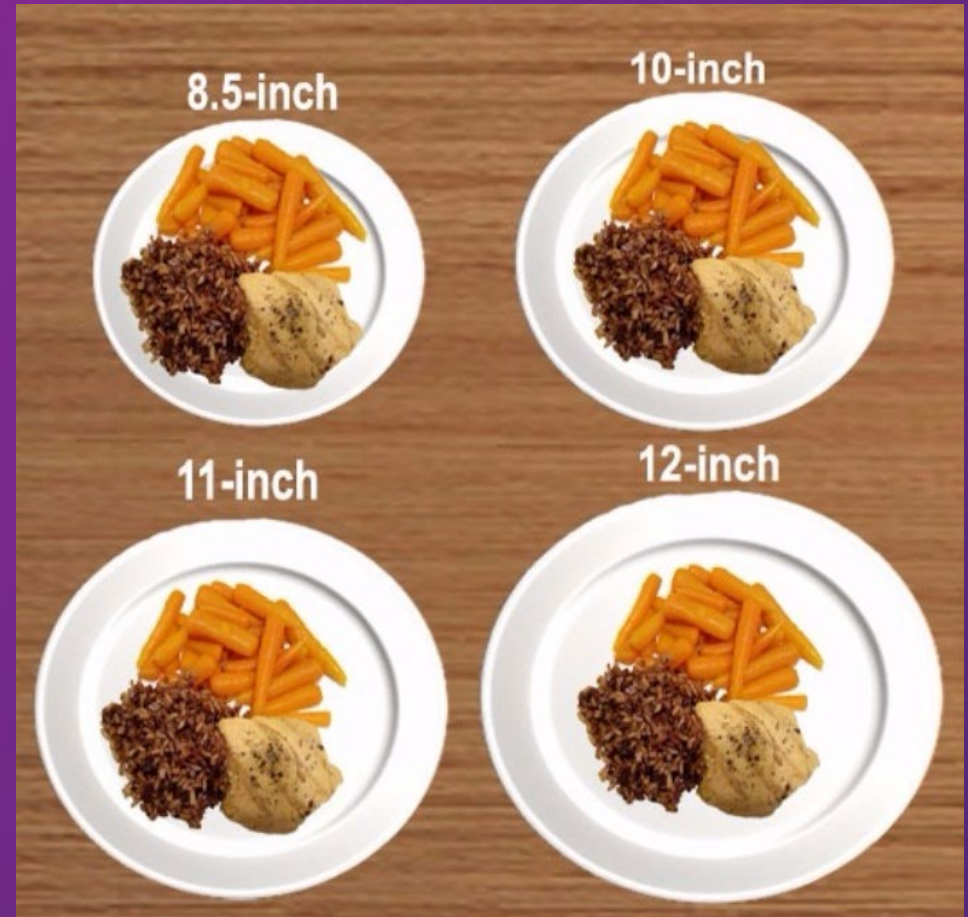


Engage with your food

Taste, touch/texture, smell, sound and appeal

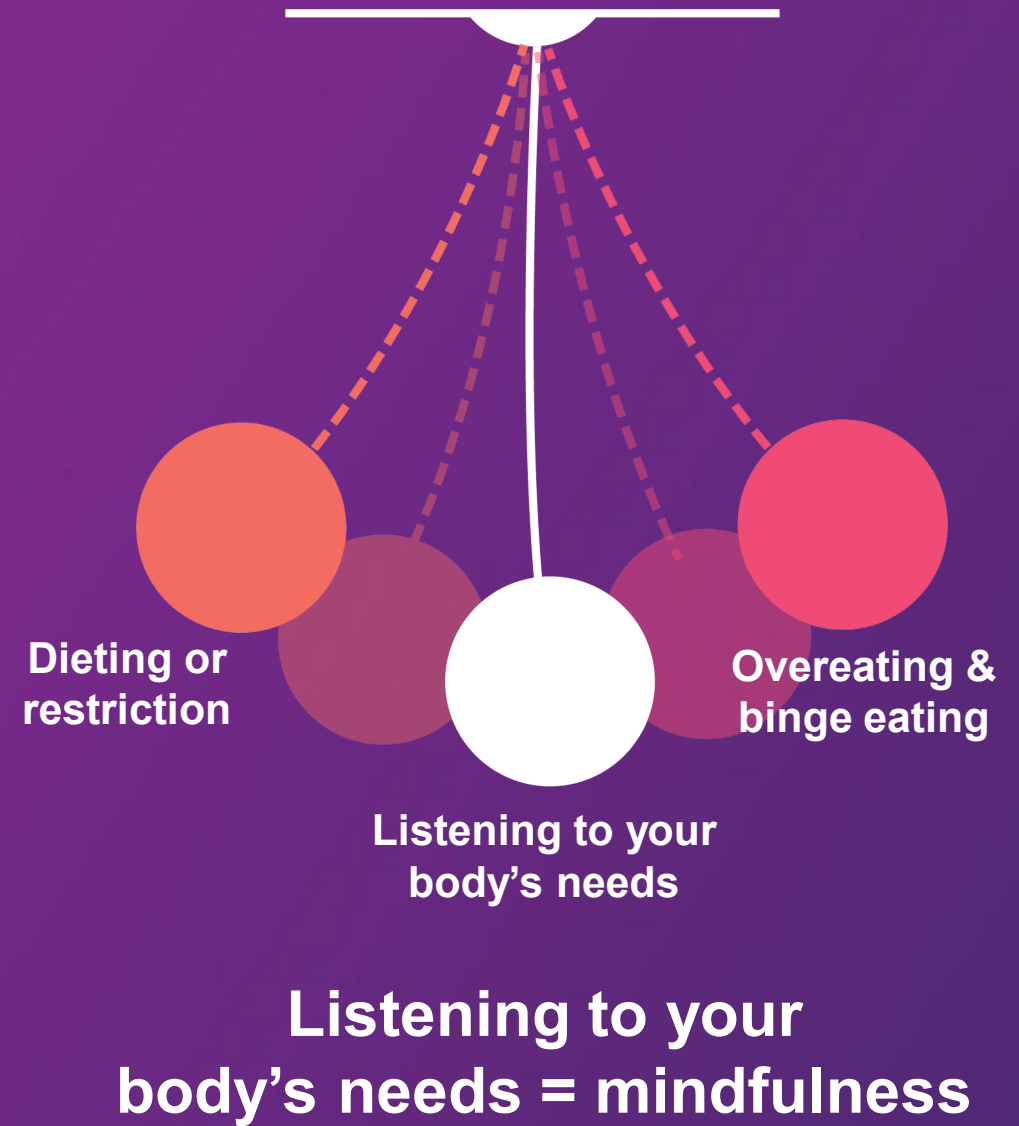
Set up your tablescape

- Smaller utensils
- Pre-plate
- Store tempting foods
- Pace yourself



Avoid restrictive eating

- “But it works”
- All or nothing
- Polarizing food groups



Give yourself grace

- Take it one step at a time
- We all fall short — we're human!
- Each time you eat is another chance to be mindful!





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Q&A



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