



Mindful Eating During the Holidays

BROUGHT TO YOU BY THE REGISTERED DIETITIAN AT
GEORGINA NURSE PRACTITIONER LED CLINIC

The holiday season is upon us and surely we will all be celebrating a little differently this year. Despite this (or maybe even because of this), food will likely still play a major role during the holidays. If you have heard of mindful eating, it is a great strategy to help manage overeating and here are some tips to get you started.

What is Mindful Eating?

Mindful eating is paying deliberate attention to our choices and actions of eating, while not judging it. Paying attention can involve listening to your body signals of fullness and hunger, acknowledging your food likes and dislikes, and using all of your senses to choose and enjoy foods. Not judging means acknowledging that there is no right or wrong way to eat, only different levels of awareness around the eating experience. Mindful eating can be helpful to connect your eating with your body's inner wisdom, rather than following external rules like dieting. This can help prevent and manage overeating, a common side effect that can occur from overly restrictive diets.

Tip #1: Avoid Skipping Meals

Avoid the mindset of skipping meals during the day to make room for the main meal in the evening. Often times, overeating is caused by over-restriction. When you over-restrict, you may end up feeling deprived and overly hungry before a meal, making it much harder to be mindful of the eating experience.

Tip #2: Practice Beforehand

Practising is important for learning any new skill. Take time to practice mindful eating before the holidays. This will help you build confidence to apply the skills you've learned and avoid feeling overwhelmed when the holiday treats start showing up.

Tip #3: Ask Yourself These Questions

You can practice mindfulness before, during or after eating. Try starting out with these questions: Am I hungry? How full am I on a scale of 1-10? Is this food giving me enjoyment and satisfaction? Am I aware of how this food smells and tastes? Does this second helping taste as good as the first?

Tip #4: Give Permission

Be realistic and recognize that it is impossible to entirely restrict yourself from any kind of food that you truly enjoy. Give yourself permission to eat these foods without feeling guilty, and the lure and desire of these foods will slowly decrease over time.

References: 1) The Centre for Mindful Eating, Introduction to Mindful Eating. Retrieved from <https://www.thecenterformindfuleating.org/page-1863947> on Dec 1, 2020.



Roasted Green Beans with Beets and Goat Cheese

Nutrition Information (per serving):

182 Calories, Fat 11g (14% DV), Saturated Fat 2.6g (13% DV), Protein 5g, Carbohydrate 19g, Fibre 5g (16% DV), Sodium 216mg (9% DV)

6 Servings

Recipe from Primary Care Dietitians Association

Ingredients:

1lb Fresh green beans, trimmed
 5-6 Beets, washed, peeled, sliced into thin rounds, then halved
 3 Shallots, sliced
 1/4 cup Olive oil
 1/4 tsp Salt
 1/2 tsp (or to taste) freshly ground black pepper
 1/2 cup Crumbled goat cheese
 1/3 cup Dark balsamic vinegar (for a glaze)

Directions:

1. Preheat oven to 425°F.
2. In a large bowl, combine beets, green beans and shallots. Drizzle with oil, sprinkle with salt and pepper and toss to coat vegetables.
3. Roast for about 25-30 minutes until beets and green beans are tender.
4. In the meantime, create the balsamic glaze by bringing 1/3 cup balsamic vinegar to a boil and then simmer on low heat for 8-10 minutes, stirring occasionally until it starts to thicken.
5. Once beets and beans are done, remove from the oven and transfer to a serving platter. Sprinkle with crumbled goat cheese and drizzle with balsamic glaze.
6. Optional: you can add roasted pecans for more crunch and a nutty flavour.