

Food Fit for Life: A healthy eating and weight management program for Mount Sinai Health System employees

Week 4: Mindful eating



**Mount
Sinai**

Introductions!!!

I. **Maria Elena Rodriguez RD CDE**

II. **Jennifer Kartashevsky RD CDE**

Registered Diabetes and Certified Diabetes Educator

Mount Sinai Health System Diabetes Alliance

As a participant in the Food Fit for Life

8 class visits

Educational materials

Guided tour of your work place café and local market

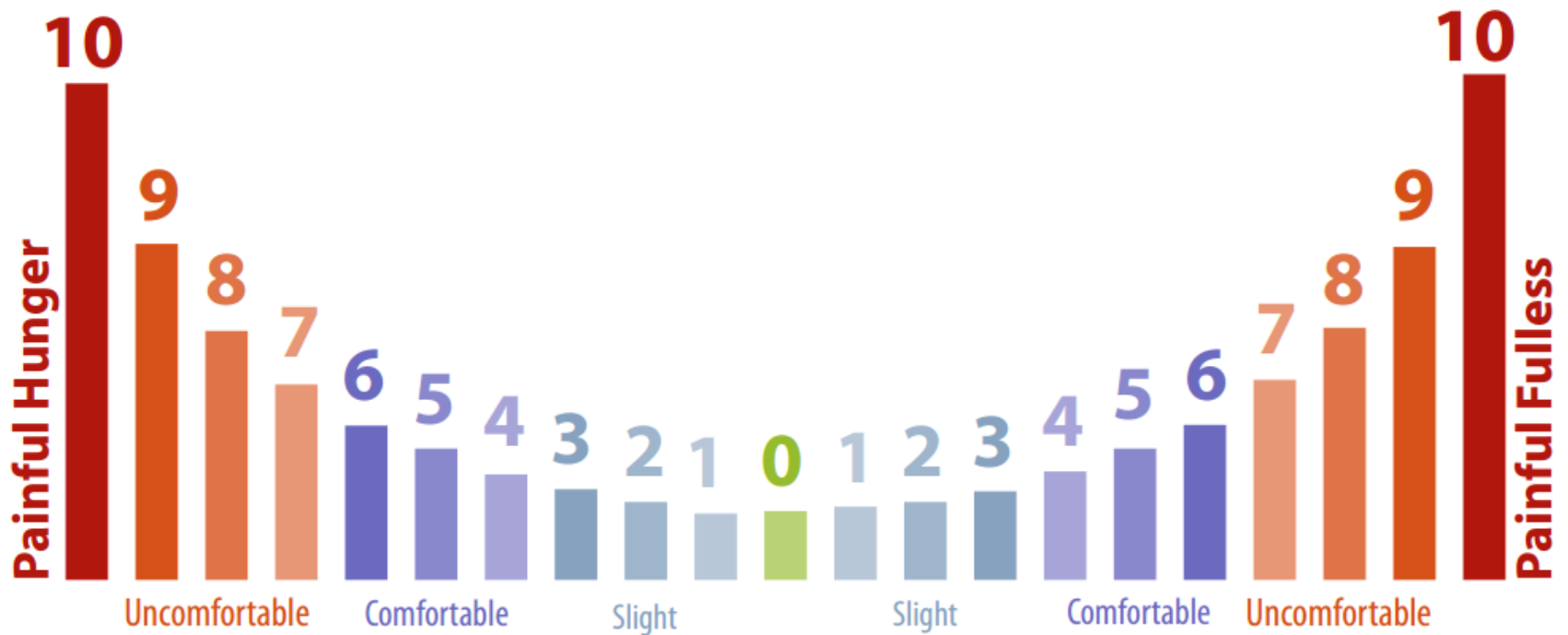
What is mindful eating?

- ▶ Choosing to eat food that is both pleasing to you and nourishing to your body by using all of your senses to explore, savor and taste

- ▶ Learning to be aware of physical hunger and satiety cues to guide your decision to begin eating and to stop eating



Hunger and Fullness Scale



Ways to help feelings of satiety and control how much we eat

- ▶ Choosing more lean proteins (white meat chicken, turkey, fish, tenderloin, egg whites, tofu)



- ▶ Including more high fiber foods. They include whole grains, beans, fruits and vegetables



Alcohol

Alcohol can stimulate appetite in the short – term and therefore drinking alcohol is likely to encourage more eating

Alcoholic beverages can make you forget about your intentions to eat healthily by making you lose inhibitions. They are also caloric and should be kept in moderation if you are trying to control your weight

Taking our time

- ▶ Eating is not a race - it's a good idea to remind yourself, and your family
- ▶ Take sips of water in between bites
- ▶ Taking the time to savor and enjoy your food is one of the healthiest things you can do
- ▶ You are more likely to notice when you are full, you'll chew your food more and hence digest it more easily, and you'll probably find yourself noticing flavors you might otherwise have missed.
- ▶ If you have young children, why not try making a game of it — who can chew their food the longest? Or you could introduce eating with chopsticks as a fun way to slow things down

Disconnect from outside distractions

- ▶ Silence our phones and TV sets
- ▶ Consider making family mealtime – in an electronics-free zone to create a space for mindful eating



Savor it!

- ▶ Truly savor all the different sensations of eating your food
- ▶ If you are trying to introduce mindful eating to your family, consider talking about the flavors and textures of the food – is it crunchy, smooth, spicy? What does the food smell like? What are your favorite colors of food to see on your plate?
- ▶ Ask your kids what the avocado tastes like, or how the hummus feels. And be sure to share your own observations and opinions too



In conclusion

- ▶ Adding more lean protein and fiber rich grains can help with feelings of satiety
- ▶ Limit alcohol - as it can be a trigger for mindless eating
- ▶ Slow it down – taking time to enjoy and eat slowly
- ▶ Disconnect – putting away our devices and shutting the TV off will help us avoid being distracted
- ▶ Savor it!

Thank You!!

Questions & Answers



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