

# HEALTHY YOU



Weight Management and Mindful Eating Program

## LESSON 2

### ***MINDFUL EATING & PORTION CONTROL***

Learn to use all your senses to explore, taste, and savor what you eat while choosing appropriate foods and portions to nourish your body and please your mind.



*The mind is everything. What  
you think you become.*

*—Buddha*



# Healthy You

## *Newsletter 2*

### Eat Mindfully for Satisfaction and Health

Think back to when you were a child. Were you ever told to “clean your plate”? Many of us are so used to the idea that we must eat everything when it is served that we become disconnected from how our bodies are feeling. We may no longer even know if we are hungry or not.

“Mindful eating” means that you are aware while you are eating. It involves paying attention to hunger cues, tastes, textures, and colors, and generally being in tune with your food. It is important to avoid distractions (such as TV or computer) during mealtime and to eat slowly to be able to truly listen to what your body is feeling.

Often we eat so fast that we overeat before we realize that we are full. It takes 20 minutes for our brains to “catch up” to our stomachs. That means if we eat more slowly,

we have a better chance of eating to satisfaction rather than to the point of being overly full. We can also increase our enjoyment of foods if we eat them slowly and mindfully.



Eating while distracted can make you more likely to overindulge.

# The Hunger Scale

One strategy to eat more mindfully is to use a Hunger Scale, which describes your hunger level as a number between 1 and 10. 1 represents the point of hunger where you are starving and want to eat everything in sight. 10 represents that feeling when you are uncomfortably full, such as after a Thanksgiving dinner. The goal with the hunger scale is to learn to recognize when you are at a 3 or 4 (slightly hungry

rather than ravenous) and begin eating then. When you are eating, try to eat until you are at a 7 or 8 (satisfied and content).

Try using the Hunger Scale with each of your meals for one week. Writing down the number when you started and the number when you stopped may help you to relearn the hunger and fullness cues that we often lose throughout life.

I'm starving and light headed	My stomach feels very empty and is growling	My stomach feels empty	I am starting to feel hungry	I don't feel hungry or full	I am slightly satisfied	I feel almost satisfied	I feel satisfied and content	I feel too full	I ate <u>way</u> too much and I don't feel so well
1	2	3	4	5	6	7	8	9	10

## Apply it!

When you want to eat but are not hungry, what can you do to take your mind off food? Here are a few ideas:

- Chew sugar-free gum.
- Write your feelings in a journal.
- Take a walk.
- Drink water.

## Ask for Support

Consider asking someone to be your go-to person to distract you from mindless snacking!

## What's a "Normal" Portion?

We are often told to "watch our portion sizes". So how big should your portions be?

"Portion distortion" over the last 20 years has made this increasingly difficult to determine. While a 3-inch bagel used to be the standard size, we often expect bagels today to be at least 6 inches across! The same is true with

hamburgers, spaghetti and many other foods: the American idea of how much to eat has drastically expanded.

To give us an idea of what portion sizes should look like, the USDA has written guidelines that show how much of each food counts as 1 serving. For example, 1 serving of grains could equal 1 slice of bread, 1 cup of cold cereal, or ½ cup cooked pasta or oatmeal. Likewise, a serving (or standard portion) of fruit might be ½ cup grapes or ¼ cup dried apricots. Take a look



at the list in the box on the next page. To see how many servings of each food group you need per day for your age, sex, and activity level, visit

<http://www.choosemyplate.gov/myplate/index.aspx>.

This will help you determine how big your portion sizes should be at each meal.

Many people are surprised at how small a single serving of their favorite food looks. Luckily, the human eye is easily tricked. We can make our meals look bigger and be more satisfying simply by serving meals in smaller dishes. You may also find it helpful to mix staples like pasta or rice with vegetables, which are lower calorie, fiber-rich, and filling.

### 1 serving of leafy greens = 1 cup

What does 1 serving of other common foods look like? Find out at

<http://www.choosemyplate.gov/STEPS/howmuchshouldyoueat.html> and click on each of the food groups.

## Apply it!

Combine mindful eating with portion control. Serve yourself half the amount you usually eat at dinner tonight. Take 20 minutes to eat slowly and thoughtfully. See if you are satisfied with this smaller portion.



## Mystery Food? Look at the Label!

Sometimes it is difficult to know the appropriate serving size for a packaged food. When in doubt, don't forget to read the nutrition label. Look at the top where it

says "Serving Size" and "Servings Per Container". How many servings does your favorite soft drink bottle contain? Does this surprise you?

Food Group	1 Serving =
Fruit	½ cup fresh fruit, ¼ cup dried fruit, ½ cup (4 oz.) fruit juice
Vegetables	½ cup raw or cooked, ½ cup (4 oz.) juice, 1 cup raw leafy greens
Grains	1 slice bread, 1 cup cereal, ½ cup cooked pasta, oatmeal, or rice
Dairy	1 cup milk, soymilk or yogurt, or 1 ½ oz. cheese
Protein	1 oz. meat, ¼ cup beans, 1 egg, ½ oz. nuts, 1 tablespoon peanut butter

*1 serving of fruit =*



*¼ cup*

*or*



*½ fruit*

*or*



*4 oz.*

*Knowing the standard serving sizes of foods that you normally eat can help you to develop an awareness of how much you should be eating.*

### Try it! Filling Snacks

Next time you feel hungry, try one of these snack suggestions. Each is made up of 1 serving of fruit and 1 serving of nuts.

**Tip:** have protein along with fruit to provide fullness and avoid a quick spike and drop in blood sugar that would occur from eating fruit alone.

- ¼ cup raisins and 7 walnut halves
- ¼ cup Craisins and 12 almonds
- ¼ cup dried apricots and 9 cashews

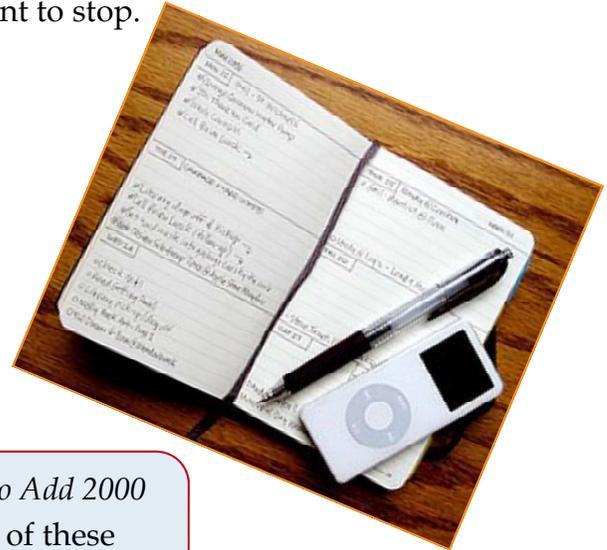


## Putting the “F” in FITTS

Recall that each letter in the FITTS principle stands for a different aspect of physical activity: F-frequency, I-intensity, T-time, T-type, and S-stretching. The **frequency** of your physical activity is very important. You don't need to set aside an hour at a time to exercise, because it all adds up!

Fitting in 10 minutes here or there counts just the same as one 30-minute block. When you don't feel like exercising, use the “take 10” approach – make yourself do something (anything) for just 10 minutes,

such as walking or cycling. You can stop at 10 and commit to doing it again later in the day if possible. It is fine to accumulate physical activity throughout the day. Chances are that once you start, you won't want to stop.



Find ideas for “take 10” options in *100 Ways to Add 2000 Steps*, included in your manual. How many of these activities can you fit into your day?

### Apply it!

- 1) Pour a bowl of your favorite cereal in a portion that you would normally eat. Now transfer that cereal into a measuring cup. How many grain servings is it?
- 2) Measure your dinner plate. Then, using a measuring cup, find the amount of ounces in your favorite glass, coffee mug, cereal bowl, and dessert dish.
- 3) Set a timer during the day to remind you to get up and take a 10 minute walk around the building.

### Test Yourself!

Take the “Portions Quiz” in this section to see how much you know!

### Resources:

[www.americaonthemove.org](http://www.americaonthemove.org) is a free website with information on nutrition, physical activity, weight management, and food labels.

<http://www.nhlbi.nih.gov/health/educational/wecan/eat-right/portion-distortion.htm> has a great slide show about portion



## PORTION CHEAT SHEET

### Cheese Portions

1 portion =

- 1 ounce
- 1 square inch
- 2 9-volt batteries

### Pasta Portions

1 portion =

- $\frac{1}{2}$  cup
- $\frac{1}{2}$  fist
- One hockey puck

### Meat Portions

1 portion=

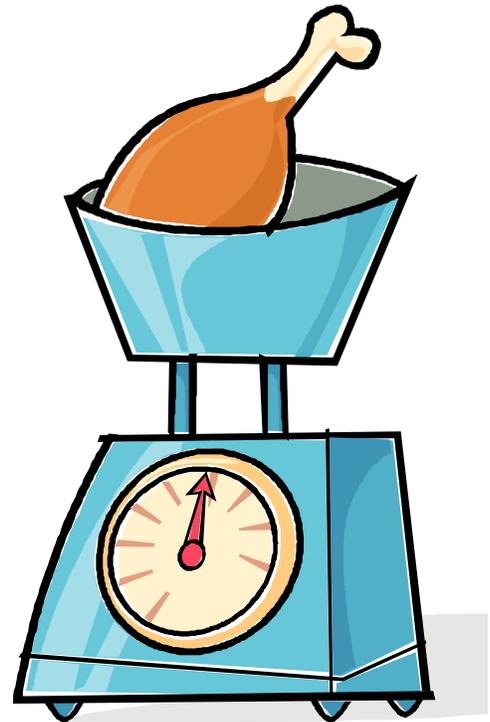
- 3 ounces
- 1 small palm
- A deck of cards

### Beans Portions

(includes beans, peas, nuts, seeds, peanut butter, and soy products)

1 portion = 1 ounce meat equivalent =

- $\frac{1}{2}$  ounce nuts
  - 5 macadamia nuts
  - 7 walnut halves
  - 9 cashews
  - 10 pecan halves
  - 12 almonds
  - 14 peanuts
  - 24 pistachios
- $\frac{1}{4}$  c soy nuts
- 1 Tablespoon peanut butter
- $\frac{1}{4}$  cup cooked beans (e.g. black, pinto, kidney)
- $\frac{1}{4}$  cup peas (e.g. chickpeas, lentils)
- $\frac{1}{2}$  cup bean or pea soup
- $\frac{1}{4}$  cup tofu
- 1 oz. tempeh
- 2 Tablespoons hummus





## Savory Trail Mix

Nuts contain healthy fats and make great on-the-go snacks but can be very easy to overeat. This trail mix is a good way to get all the benefits nuts have to offer while keeping the portions in check.

### Ingredients:

- ½ cup of almonds
- 1 cup of peanuts
- ½ cup cashews
- ½ cup of salted sesame sticks
- ¼ cup of roasted pumpkin seeds
- ¼ cup of sunflower seeds
- ½ cup of pretzels

### Directions:

1. Mix together all ingredients.
2. Divide into ¼ cup portions

Serving Size: ¼ cup

Yield: 14 servings

### Nutrition Information / Amount per serving:

Calories	221	Protein	8.2 g
Total fat	18 g	Total Carbohydrates	10.2 g
Saturated fat	2.5 g	Dietary Fiber	2.7 g
Cholesterol	0 mg	Sodium	113.7 mg



“According to Eastern philosophies, mindfulness is being intentional, non-judgmental and accepting of yourself.”

1. How can you start to be more mindful about eating/nutrition and fitness?
  - A. What are your hunger cues?
  - B. What tastes and textures do you crave?
  - C. What colors in foods peak your interest?
  - D. What are the distractions that might keep you from being mindful?
  - E. What areas of fitness could I include to improve my overall health? - strength, stretching, increase intensity or type of exercise
  
2. For one whole day, use the hunger scale from the newsletter on page 22 and discuss how it was helpful, what was challenging, when did it work or not work, will you keep using it?
  
3. For one whole day, combine mindful eating with portion control. Serve yourself half the amount you usually eat at dinner tonight. Take 20 minutes to eat slowly and thoughtfully. See if you are satisfied with this smaller portion. Use the “Portion Cheat Sheet” to help you determine how much to eat of each food group at a meal. (Hint: use a salad plate, not a full entre plate. Note the amount of servings per food group- what are you eating too much or not enough of?)

**Resources:**

National Heart, Lung and Blood Institute – Portion Distortion:

<https://www.nhlbi.nih.gov/health/educational/wecan/eat-right/portion-distortion.htm>

Family First: <http://familyfirst.com/smallsteps-gov.html>

America on the Move: <http://ww1.americanonthemove.org/?subid1=5b291c64-ecc0-11e7-8550-4f550b0054ec>

Center for Mindful Eating: <https://www.thecenterformindfuleating.org/>

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**Select one of the three options above to email your Reflections on the lesson to the Extension Agent working with your county/group. You can simply copy and paste your selection into an email – and add your comments/reflections directly in the body of the email.**

**Morgan County – [Jennifer.cooney@colostate.edu](mailto:Jennifer.cooney@colostate.edu)**

**Logan County – [tara.fundus@colostate.edu](mailto:tara.fundus@colostate.edu)**

**Phillips County – [Tracy.Trumper@colostate.edu](mailto:Tracy.Trumper@colostate.edu)**

**Yuma & Kit Carson Counties – [Joy.akey@colostate.edu](mailto:Joy.akey@colostate.edu)**

**Washington County – [gisele.jefferson@colostate.edu](mailto:gisele.jefferson@colostate.edu)**