



Healthful Holiday Snacking

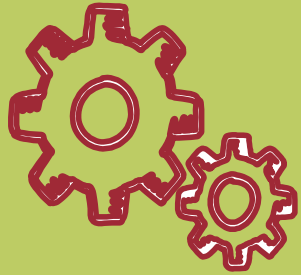
UPMC HEALTH PLAN

Maris Altieri, RD
Cassie Smolic, RD

Outline

- ✦ Initial Thoughts
- ✦ Defining Mindful Eating
- ✦ Mindful Eating Research
- ✦ Emotional Eating & Stress Eating During the Holidays
- ✦ Finding Balance this Holiday Season
- ✦ Nutrient Boosts to Baked Goods
- ✦ Protein Packed Brownie Batter Dip





Initial Thoughts

"Mindful eating is not a diet. There are no menus or recipes. It is being more aware of your eating habits, the sensations you experience when you eat, and the thoughts and emotions that you have about food. It is more about how you eat than what you eat."

-Dr. Susan Albers



✧ Mindful Eating¹:

- ✧ Using **all five senses** when choosing to eat food that is satisfying and nourishing to your body.
- ✧ Becoming aware of **physical hunger and satiety cues** to guide your decisions to start and finish eating.
- ✧ Acknowledging your personal likes and dislikes **without judgement**



✿ Mindful Eating Works!^{2,3,4,5,6,7}

Psychological

Decreases:

body dissatisfaction
depression
anxiety

Increases:

self-esteem

Physiological

Decreases:

cholesterol
blood pressure

Increases:

glycemic control
weight regulation

Eating Behaviors

Decreases:

food cravings
emotional eating
binge eating
behavior

Increases:

diet quality





Emotional Eating & Stress Eating During the Holidays

- ✦ 2020 is STRESSFUL, we may resort to food as a way to comfort ourselves
- ✦ How do I navigate compulsions to stress eat?
 - Welcome feelings of stress, don't suppress
 - Re-center to the present moment
 - Connect with the body
 - Give yourself permission
- ✦ This is a time to be gentle and compassionate with yourself and your loved ones



Finding Balance this Holiday Season

- ✦ Don't skip regular meals to compensate for enjoying holiday dishes
- ✦ Stay hydrated! For every alcoholic drink, have a glass of water/seltzer
- ✦ Pair your plate with fiber rich-veggies or fresh fruits
- ✦ Listen to your bodies hunger and fullness cues
- ✦ Honor your boundaries and preferences
- ✦ Inclusion > deprivation



What if I **want to** give my baked goods a nutrition boost?

- + Adding shredded or pureed fruits and vegetables
 - Pumpkin puree, applesauce, shredded zucchini, shredded carrots
- + Reducing sugar by 25% without noticeable taste changes
- + Including whole grain flour
 - 50% all-purpose, 50% whole-wheat
- + Mixing in nuts, seeds, and frozen/dried fruit





Protein Packed Brownie Batter Dip

Ingredients:

- 15-ounce can black beans (1 1/2 cups cooked)
- 1/4 cup peanut butter
- 1/4 cup maple syrup
- 1/3 cup cocoa powder
- 1 teaspoon vanilla extract
- 1/4 teaspoon kosher salt
- 2 tablespoons water
- 1/4 cup dark chocolate chips (optional)

Directions:

1. Rinse and drain the black beans over running water for 10 seconds.
2. Add the black beans, peanut butter, maple syrup, cocoa powder, vanilla, kosher salt, and 2 tablespoons water to blender or food processor. Puree for 30 seconds, then scrape down the bowl. Add additional 1 to 2 tablespoons water and puree again to come to a creamy consistency. Stir in dark chocolate chips.
3. Store refrigerated for 7 to 10 days. Serve with pineapple, green apple slices, and strawberries.

Note: If you don't have a food processor or blender, mash black beans using a fork against the side of a bowl. Add all ingredients and stir using a mixing spoon.

Nutrition Facts

Servings: 8

Amount per serving

Calories **149**

% Daily Value*

Total Fat 5.8g 7%

Saturated Fat 1.8g 9%

Cholesterol 0mg 0%

Sodium 309mg 13%

Total Carbohydrate 22.1g 8%

Dietary Fiber 4g 14%

Total Sugars 9.2g

Protein 5.8g

Vitamin D 0mcg 0%

Calcium 36mg 3%

Iron 3mg 15%

Potassium 359mg 8%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.



Sources

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