Outline

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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

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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.
Sources