

Session 8: Understanding the Role of Food



- Check your vitals
- Centering meditation
- Go around
- Home practice review
- Health topics:
 - Sugar
 - Fiber
 - Protein
 - Mindful Eating
- Mind-body:
 - Chair Yoga or Sitting Meditation
- Review home practice assignments for coming week
- Recipe
- Mindful meal

Nutrition Spotlight: Sugar and My Body

What is sugar?

Sugar is what our body uses to make energy. All foods raise your blood sugar some but certain foods raise your blood sugar too high too fast and can cause you to gain weight or even get diabetes.

Why is this important?

It is important that we know how food effects our bodies and too much sugar can have a negative impact on our health.

What are whole foods (Low Glycemic Index foods)?

The best foods for our bodies are whole foods that our body processes and digests to break down all the nutrients we need. These foods usually have a low Glycemic Index:

- Fresh and frozen vegetables and fruits (carrots, spinach, apples, mango, etc.)
- Whole grains (brown rice, whole wheat flour, steel cut and rolled oats, quinoa, etc.)
- Beans (black beans, soy beans, etc.)
- Nuts (walnuts, almonds, cashews, etc.)



What are processed foods (High Glycemic Index foods)?

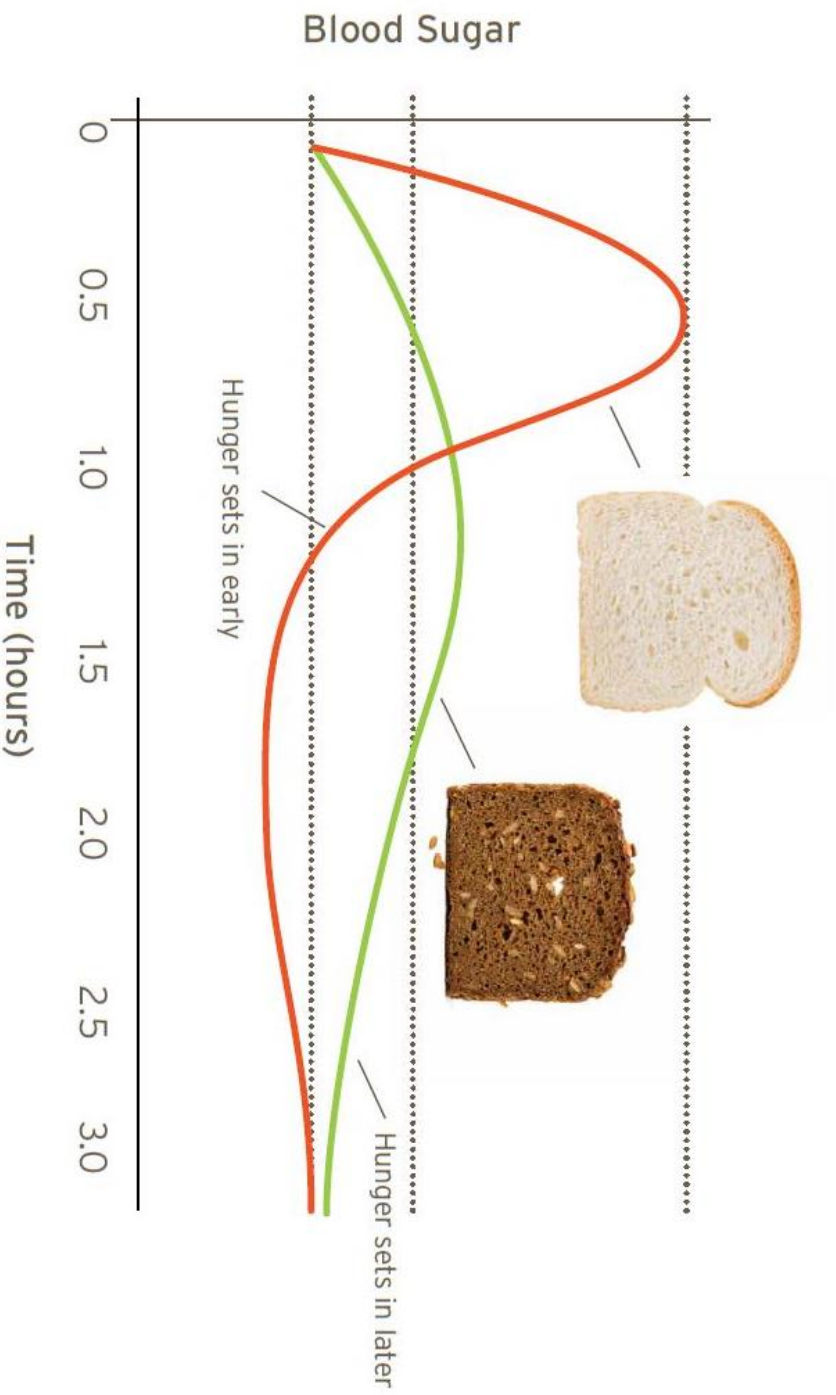
When food is processed instead of whole, factories remove many of the important nutrients we need before it reaches our mouths. When we eat processed food, our body doesn't have the opportunity to use these nutrients since they have already been simplified into sugar.

Foods high in sugar increase inflammation in the body.

- Potato chips
- White bread and white pasta
- Soda and fruit juice
- Fruit roll-ups



How the body responds to Processed vs. Whole Foods



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Understanding Blood Sugar



How much sugar should we eat?

An average American eats 150lbs of sugar each year! This is over 5 times the recommended amount!

Finding sugar on a nutrition label:

4 grams of sugar = 1 teaspoon 

This nutrition label has:

5 grams of sugar = 1.25 teaspoons of sugar



Ingredients List:

Besides anything labeled as syrup or sugar, anything ending in **-ose** means sugar! (High Fructose Corn Syrup, Dextrose, Sucrose, etc.)

Are you eating too much sugar?

The maximum amount of sugar outside of whole foods (like fruits and vegetables) each day is:

Men: 9 teaspoons per day



Women: 6 teaspoons per day



Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250 Calories from Fat 110

% Daily Value*

Total Fat 12g 18%

Saturated Fat 3g 15%

Trans Fat 3g

Cholesterol 30mg 10%

Sodium 470mg 20%

Potassium 700mg 20%

Total Carbohydrate 31g 10%

Dietary Fiber 0g 0%

Sugars 5g

Protein 5g

Vitamin A 4%

Vitamin C 2%

Calcium 20%

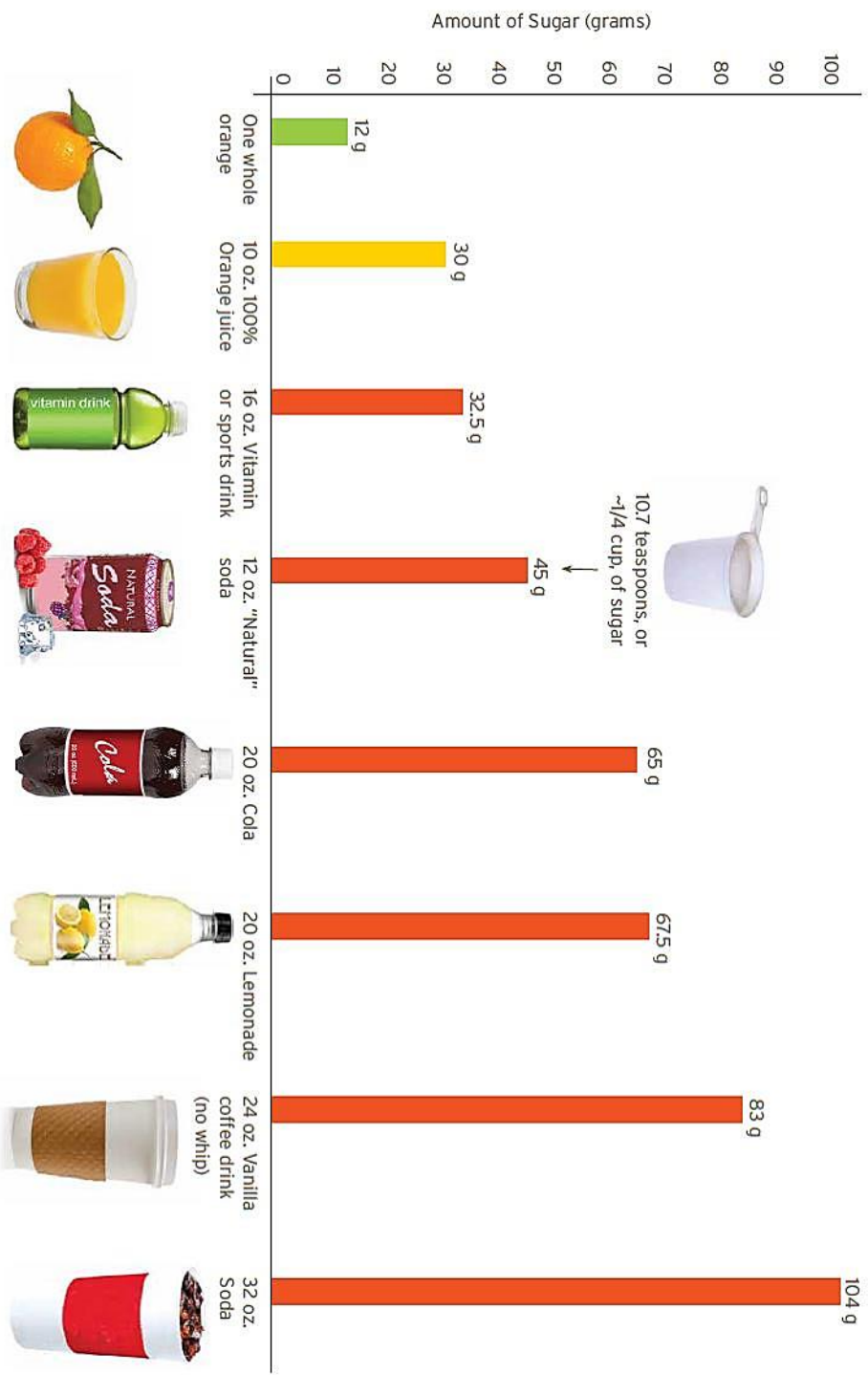
Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

		Calories: 2,000	2,500
Total fat	Less than	65g	80g
Sat fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Bottom line: Do I need this added sugar?

Drinks contain sugar too!



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Nutrition Spotlight: Fiber and My Body

What is fiber?

- Fiber is the material in a plant (vegetables, beans, grains and fruits) that our bodies cannot digest. The digestible parts of plants break down into sugar in our body so fiber balances this by adding volume to our meal without causing our blood sugar to spike.

How much fiber should I eat each day?

- It is recommended that children and adults get **20-30 grams** of fiber per day.
 - **Breakfast ideas:** oatmeal; fresh fruit; whole grain toast; whole grain cereal
 - **Lunch ideas:** sandwich on whole wheat bread; salad; chili
 - **Snack ideas:** raw vegetables and fruit; nuts; nut butter on whole grain bread
 - **Dinner ideas:** vegetable stir fry with brown rice; lentil soup; dark leafy greens as a side; a sweet potato with the skin on; a baked apple for dessert

Examples of foods with fiber			
			
½ cup = 3.5g	1 cup = 3g	1 apple = 4.4g	1 cup oatmeal = 4g

Why is fiber important?

- Fiber helps with:
 - Weight control
 - Regulating the body's use of sugars
 - Lowering cholesterol
 - Keeping food moving through our digestive system
- Fiber helps to keep us fuller for longer because it is a carbohydrate that the body cannot digest.



Tips for eating more fiber:

- Eating a diverse range of whole grains, nuts, legumes, fruits and vegetables is the best way to ensure you are getting enough fiber each day.
- Incorporate a little at a time: sprinkle a spoonful of ground flaxseed on a smoothie or oatmeal; eat a fresh fruit instead of fruit juice; add a serving of garbanzo or kidney beans to a salad at lunch; exchange brown rice for white rice at dinner time.
- Try substituting beans and legumes (garbanzo, cannellini, black, kidney, soy, pinto, lentils, peanuts, peas...) for meat a few times a week.
- Make smarter snacking choices: peanut butter on whole grain bread; a handful of almonds and walnuts; a handful of carrot sticks and celery with hummus; an apple or other whole fruit

Nutrition Spotlight: Healthy Protein Sources

What is protein?

- ✓ Protein is our building block for the body and we need it to build muscle and keep our body strong and healthy.
- ✓ Protein can be found in lean meats, fish, beans, dairy, and nuts and seeds.



Why is it important?

- ✓ The body uses protein to maintain healthy hair, nails, skin, muscles, and tissues.
- ✓ When we don't get enough protein we can crave eating sugar and simple carbohydrates.
- ✓ Not eating enough protein can lead to weight gain and decreased lean muscle development.
- ✓ High protein snacks like plain yogurt and nuts can help us to control and maintain healthy blood-sugar levels.
- ✓ Research shows that reducing animal-based protein can lessen our chances of developing many diseases, including diabetes.

How much protein do I need each day?

	Grams of protein needed each day
Children ages 1 – 3	13
Children ages 4 – 8	19
Children ages 9 – 13	34
Girls ages 14 – 18	46
Boys ages 14 – 18	52
Women ages 19 – 70+	46
Men ages 19 – 70+	56

Reference: <http://www.cdc.gov/nutrition/everyone/basics/protein.html>

What are healthy protein sources?

- ↑ **Plant proteins:** provide additional healthy fats, vitamins and minerals, fiber and never contain cholesterol.
- ↑ **Functional proteins:** examples are yogurt and fish, which have beneficial added components like probiotics (healthy bacteria to promote digestion and immune health) and omega-3 fatty acids in fish.



- ✓ **Fish** - salmon, tuna, cod, bluefish, tilapia, sardines...36 grams in 5 oz. salmon.
- ✓ **Eggs**- scrambled, hard-boiled, frittata, over-easy (use small amount canola or olive oil).
Each egg= 6 grams of protein.
- ✓ **Tofu**- 10 grams in ½ cup serving
- ✓ **Beans**- black, pinto, cannellini, garbanzo (chickpeas), soybeans, kidney... ½ cup of black beans has 21 grams of protein
- ✓ **Nuts and nut butters** - almond, walnuts, peanuts, pistachios, and cashews - eat nuts slowly! ¼ cup of almonds= 7 grams of protein.
- ✓ **Seeds**- pumpkin, sunflower, flaxseeds, hempseeds, chia seeds... ¼ cup pumpkin seeds= 14 grams of protein
- ✓ **Lentils**- each cup of lentils is 18 grams of protein
- ✓ **Fruits and veggies**- Avocado= 3 grams per cup
- ✓ **Lean meats** – skinless chicken, lamb, beef, pork...3 oz. of chicken= 27 grams protein
- ✓ **Dairy**- Greek yogurt, milk, cottage cheese, kefir...Each 8 oz. of milk=8 grams protein
- ✓ **Whole grains**- Quinoa, brown rice, barley, buckwheat cereal... ½ cup of buckwheat cereal= 10 grams of protein.

References: *Food User Manual*, R. Bradley & S. Max, 2012; USDA.

What should my meals look like?

- Aim to combine **fiber, healthy fats,** and **protein** with your **carbohydrates** with **each meal**. This helps to slow down the absorption of sugar in your blood stream.
- Aim to increase your consumption of foods in their whole state: fruits and vegetables with their skin on, whole grains like brown rice and whole wheat bread, beans, raw nuts and seeds.
- **An example of a balanced plate:**
 - $\frac{1}{4}$ of your plate could be a piece of baked fish the size of your palm
 - $\frac{1}{2}$ of your plate could be steamed or roasted veggies or salad
 - $\frac{1}{4}$ of your plate could be brown rice or whole wheat bread
 - A healthy dessert could be a baked pear with some honey and cinnamon.



Image credit:

http://img.webmd.com/dtmcms/live/webmd/consumer_assets/site_images/articles/health_tools/portion_sizes_slideshow/webmd_photo_of_healthy_portions_on_plate.jpg

What is Mindful Eating?

- ✧ A focus on being present and aware of what we put into our bodies.
- ✧ Letting go of judgment and focusing on the HERE and NOW of nourishing body, mind, and spirit.
- ✧ Noticing taste, textures, and sensations.
- ✧ Savoring each bite to get more enjoyment out of your food.
- ✧ Being aware of how the body responds; helping you to eat just the right amount and type of food that you need at that time.
- ✧ Noticing what full feels like for you.
- ✧ Reflecting on where your food came from, who prepared it, and who is eating near you.
- ✧ Focusing on nourishment of the whole self.

What are the benefits of eating mindfully?

- ✧ Food becomes more enjoyable as you begin to pay attention to unique textures, flavors and sensations.
- ✧ Eating mindfully slows down the pace of your meals, allowing your stomach to communicate to your brain that it is full. This can support weight loss and healthy weight maintenance.
- ✧ It promotes healthy digestion.
- ✧ You model healthy eating behaviors for your family and community.



Adapted from: University of Wisconsin Integrative Medicine, www.fammed.wisc.edu/integrative

Home Practice: Session 8



MIND-BODY PRACTICE

- Practice any combination of practices 6 out of 7 days (check OWL for audio and videos)
 - Body scan
 - Chair yoga
 - Meditation (long)
 - Loving kindness meditation

DAILY LIFE PRACTICE

- Practice informally; be aware and awake throughout the day
- Pay attention to what you put in your body and to nutrition labels:
 - What?
 - How much?
 - How often?
- Enjoy one mindful meal
- Journaling:
 - Eat one high glycemic index food and notice how your body feels afterward. Share these experiences with the Community on OWL.

MANUAL ACTIVITY

- Fill out the Goals Development Worksheet.
- Reflect on your experiences the last 8 weeks.
 - Bring in your favorite poem, quote, photo or piece of art to share with the group or write your own poem if you are feeling inspired.

HEALTH TOPIC VIDEO

- Understanding Blood Sugar

Home Practice Session 8: Goal Development Worksheet

Category	What I'm doing well	Where I need improvement	My goals
Self-Care Examples: <ul style="list-style-type: none"> • Meditation • Write in a journal • Take a bath 			
Exercise and Healthy Eating Examples: <ul style="list-style-type: none"> • Walking • Dance • Eat more vegetables or whole grains • Read more nutrition labels 			
Your own category: _____ _____ _____			

Think SMART!

While brainstorming goals, keep in mind the following tips for setting successful goals.

S

Specific, significant

- Well defined.
- Clear to anyone that has a basic knowledge of the project.

M

Measurable, meaningful, motivational

- Know when it has been achieved.
- Something you care about and want to achieve.

A

Attainable, achievable

- Know if the goal is possible within the time frame.

R

Realistic, relevant, reasonable, rewarding, results-oriented

- Within the availability of resources, knowledge and time.

T

Timely, tangible, trackable

- Enough time to achieve the goal

References: <http://www.projectsmart.co.uk/smart-goals.php>

Frittata

Serves 4

Ingredients:

6 eggs

½ teaspoon ground black pepper

¼ cup fresh herbs or 1 tablespoon of dried (such as basil, dill, oregano)

1 tablespoon olive oil

2 cups various vegetables, chopped (such as a combination of chopped greens, onion, broccoli, red or green pepper, mushrooms, or zucchini)

½ cup cheese (optional)



Image credit: www.thefoodadvicecentre.co.uk

Directions:

1. Pre-heat oven to 425-degrees.
2. Wash and chop mixed vegetables. Set aside in a bowl.
3. In a medium size bowl, using a whisk or fork, blend together the eggs and black pepper. Set aside.
4. Heat a 12-inch, oven safe sauté pan (ideally a cast iron pan) over medium-high heat and add oil to the pan. Add the chopped vegetables and any desired herbs. Sauté for 2 to 3 minutes until soft.
5. Pour egg mixture evenly over sautéed vegetables. Reduce heat to medium and cook for 4-5 minutes without touching until the egg mixture begins to set.
6. Sprinkle cheese over top, if using, and place pan into a 425-degree pre-heated oven. Bake for 8 to 10 minutes, until lightly browned and fluffy. Remove from heat and garnish with remaining herbs. Cut into 4 pieces. Serves nicely with a green salad and/or whole-wheat bread.

Health Benefits:

- ✓ Eggs offer a variety of disease-fighting nutrients that support brain, nervous system, memory, and eye health.
- ✓ Egg yolks are a good source of Vitamin D and protein.
- ✓ Eating a range of vegetables each day offers important sources of many nutrients, including potassium, dietary fiber, folic acid, and a range of vitamins.