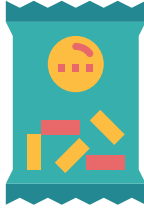


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Sam Chin, Registered Dietitian

Eating Healthy On-The-Go

On days when it feels like we are constantly on-the-go, finding balanced snacks to eat will provide the nutrients you need to have lasting energy that will keep you going!



In general, a healthy, balanced snack will include a **healthy carb** and a **lean protein** source. Carbs are the body and brain's main fuel source, and protein slows down the digestion of your food to keep you full for longer. Put down the bag of chips and try these out:

- 1) **1 Apple** (carb) + **2 Tbsp Peanut Butter** (protein)
- 2) **1 KIND Bar** (carb) + **Single-Serve Greek Yogurt** (protein)
- 3) **3 cups Light Popcorn** (carb) + **1 String Cheese** (protein)
- 4) **10-15 whole wheat crackers** (carb) + **1 Flavored Tuna Pack** (protein)

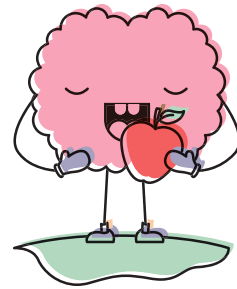
Check out the link below for more healthy snack ideas!

[Healthy and Portable Snacks](#)

Embracing Mindful Eating

With how busy everyone is these days, we often race from one task to the next without thinking about what we're doing, especially with eating. **Mindful Eating** involves eating with more awareness and being present in the moment; it's focusing on *how* we eat in addition to *what* we eat. How we eat can be just as important for our health as the food we are putting into our bodies. These are four main Mindful Eating concepts that can help you embrace a more mindful and healthful lifestyle:

- **Slow Down:** Enjoy your food! Make yourself aware of the tastes, textures, smells of your food rather than scarfing it down. Also, it takes about 20 minutes for your brain to tell your stomach that you are full. If you eat too quickly, you're more likely to overeat because you don't give your body a chance to tell you if you're full yet.
- **Hunger Cues:** When deciding if you should eat, ask yourself if you are actually hungry or if you just have an 'appetite'. Hunger is a physical sign your body gives you to let you know that you need food and that you should eat something (e.g. stomach growling). Having an appetite usually involves craving something and thinking that you 'could' eat, but your body doesn't really need it.
- **Eat Together:** Eating meals together as a family leads to more nutritious meals, saves money, and improves mental and emotional health. It is a time investment and it may be different from your normal routine, but it is worth it!
- **Distractions:** Have you ever snacked on a bag of chips while watching a TV show, and then after 10 minutes you realized you ate the whole bag? When we are eating while distracted, we are not aware of how much we are eating or whether we are full or not. If you snack in front of the TV, pour out 1-2 servings in a bowl for yourself and leave the rest of the bag in the kitchen.



Myth vs. Fact: Keto Is The Way To Go

Myth: The Ketogenic (Keto) Diet is a healthy diet for long-term weight loss.

Fact: The keto diet is a high-fat diet (a typical pattern is eating 75% of calories from fats, 20% from protein, and 5% from carbs) that puts your body in a state of ketosis, meaning it begins to burn ketone bodies (fuel from stored fat in the liver) for energy rather than glucose that comes from carbs. Although it commonly leads to weight loss, it is a very restrictive diet that is tough to sustain. Also, the original purpose of the ketogenic diet is to prevent epileptic seizures in children; **there is limited research on the safety/ effectiveness of the keto diet for long-term weight loss.** Be cautious of diets that cut out whole food groups and are super rigid. The best diet for you is a balanced diet with all food groups that you can enjoy and sustain.

RECIPE: TABBOULI SALAD

RECIPE ADAPTED FROM THE MEDITERRANEAN DISH

- 1/2 CUP FINE BULGHUR WHEAT
- 4 FIRM ROMA TOMATOES
- 1 ENGLISH CUCUMBER
- 2 BUNCHES OF PARSLEY
- 4 GREEN ONIONS, GREEN AND WHITES
- SALT
- 3-4 TBSP LEMON JUICE
- 3-4 TBSP EXTRA VIRGIN OLIVE OIL



- 1) WASH BULGHUR WHEAT AND SOAK FOR 5-7 MINUTES. DRAIN VERY WELL BY SQUEEZING EXCESS WATER BY HAND. SET ASIDE. (NO COOKING INVOLVED)
- 2) VERY FINELY CHOP ALL VEGETABLES, HERBS, AND GREEN ONIONS. PLACE IN MIXING BOWL ALONG WITH BULGHUR WHEAT AND ADD SALT TO TASTE.
- 3) ADD THE LEMON JUICE AND OLIVE OIL AND MIX AGAIN.
- 4) FOR BEST RESULTS, REFRIGERATE FOR 30 MINUTES TO LET THE FLAVORS COME TOGETHER. EAT ON ITS OWN OR SERVE WITH ROMAINE LETTUCE AND PITA BREAD.