

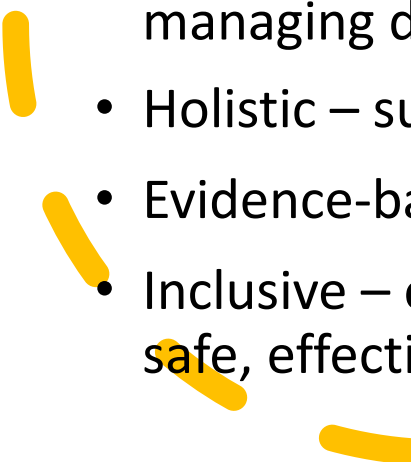


# Mindful Nutrition:

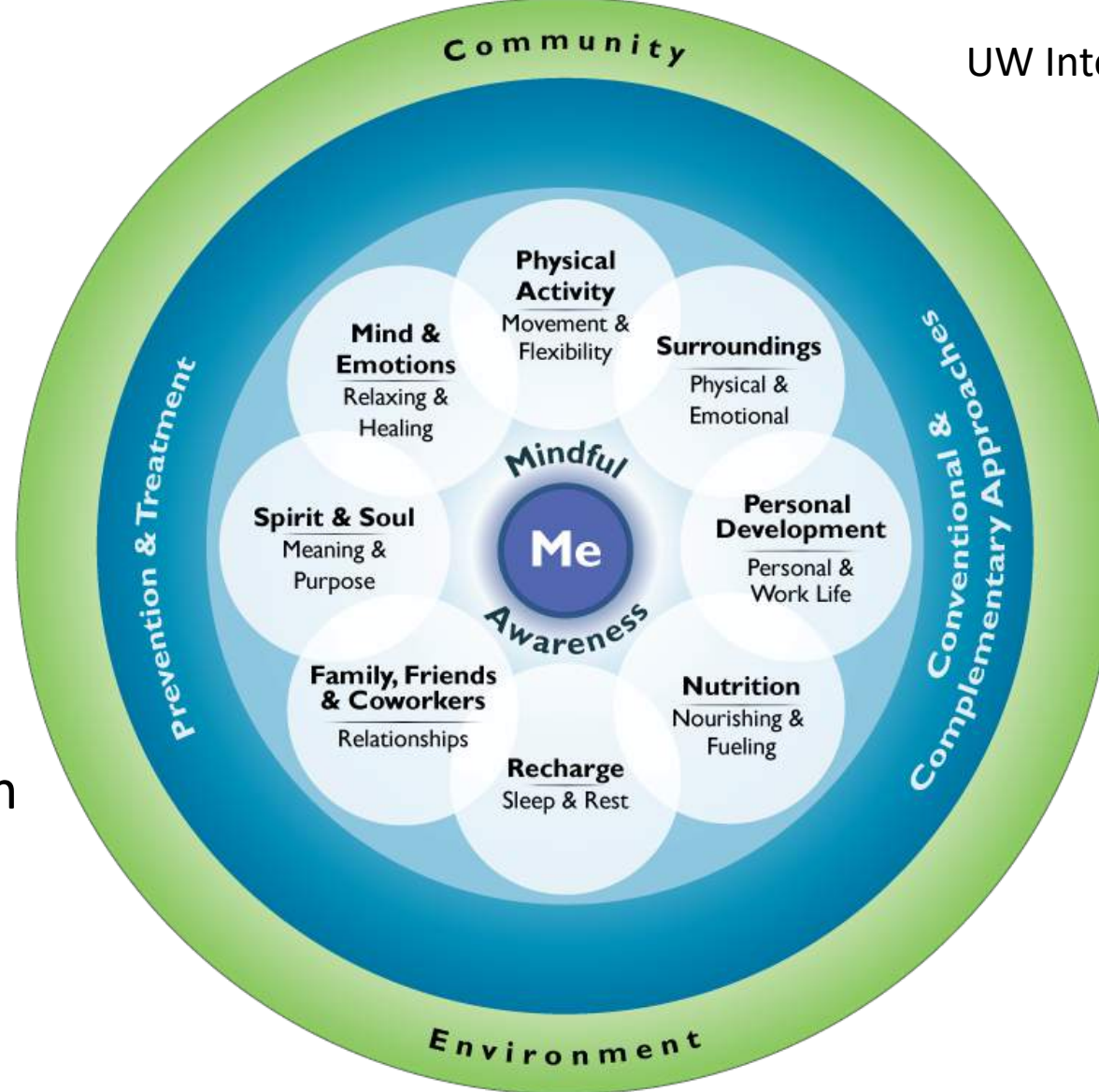
Bringing Curiosity to the Table



# Curiosity: What is Whole Health?

- Focuses on what matters most to an individual, building upon a person's mission, aspirations, and purpose in life
  - Proactive – not only focuses on what is wrong, but on prevention and self-care
  - Building relationships – between yourself and healthcare professionals, family members, peers, community
  - Draw's on body's innate ability to heal, no matter the condition, by going beyond managing disease to supporting the whole person
  - Holistic – supporting the whole person: body, mind, spirit, and community
  - Evidence-based – research is respected and fully considered
  - Inclusive – of an array of skills, tools, people, and programs, drawing from whatever is safe, effective, and consistent with your personal preferences
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## The Circle of Health



## Physical Activity – Movement & Flexibility

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- — Exercise and movement give you energy, flexibility, and strength. Exercise is also good for your mind. Regular exercise can lower blood pressure and cholesterol and reduce the risk for heart disease. Examples of physical activity include walking, gardening, dancing, or lifting weights. It is important to find what works for you.





# Surroundings – Physical & Emotional

- Your environment can affect your body and emotions. Things like clutter, noise, bad smells, poor lighting, or water quality may affect your safety and quality of life. You may be able to change some of these things, others you may not. It starts with paying attention to the influences of your environment on your life and health. Improve what you can. Its good to have a safe, comfortable, and healthy space.





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# Personal Development – Personal & Work Life

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- Your personal and work life is very important no matter where you are in life. How you spend your time and energy can give you energy or make you tired. Do you spend time doing what matters most to you? Learning and growing throughout your lifetime can have an impact of not only your happiness, but also your health.



# Nutrition – Nourishing & Fueling

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- – What you eat and drink can nourishing your body and mind. Choose healthy eating habits that fit your lifestyle. Certain supplements can support your health goals. Limit alcohol, caffeine, and nicotine. Keep your body and mind properly fueled.



# Recharge – Sleep & Rest

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- – Sleep is very important for your body and mind. Rest can give you peace. Relaxation can lower stress. Activities you enjoy can help you feel recharged. A good balance between activity and rest improves your health and wellbeing.





## Family, Friends, & Co-Workers – Relationships

- Positive social relationships are healthy. Feeling alone can sometimes make you sick or keep you sick. Having good friends, positive relationships at work, or a healthy intimate relationship with a life partner can be source of strength. It's good to talk with people who care about you and listen to you.



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# Spirit & Soul – Meaning & Purpose

- A sense of meaning and purpose in life is important to many people. When things are hard, where do you turn for strength and comfort? Some people turn to spiritual or religious faith. Some people find comfort in nature. Some connect with art, music, or prefer quiet time alone. Some want to help others. You may express this as a guide to living fully.





## Mind & Emotions – Relaxing & Healing

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- Your mind affects your body. Sometimes when you think about stressful things, your heart rate and blood pressure go up. You can use the power of your mind to lower blood pressure or control pain. Learn to use the connection between your body, brain, and mind. Mind-body practices tap into the power of the mind to heal and cope.



# Three Questions

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# 1. What gives your life meaning?

- The goal is to connect to what is most important
- Discover the underlying motivational driver for sustainable healthy behaviors
- Emotional reasons for change are sometimes more effective than cognitive reasoning
- “I want to be healthy”... if you were healthy, what would your life look like? Be curious to find your motivation!



2. Where do you need to start to achieve your health goal?

- Prioritize one or two self-care actions
- The eight circles include key ingredients that are important to the health of every human being







3. Who do you need to support you in achieving your health goal?

- Appropriate professionals, family, friends, community resources
- Support and guidance that link in the outer two rings of the Whole Health Circle



# Be Curious with Nutrition

- What is your motivation? Write it down.
  - Live a longer *healthy* life – prevent disease?
  - More energy to play with grandchildren?
  - Climb the stairs without being out of breath?
  - Healing digestion problems?
  - Healing skin issues?
  - Take a “bucket-list” vacation next year feeling great?
- Not “I should”... instead “I really want to!”

# Be Curious with Nutrition

- Track your progress
  - Mark an X on the calendar when you hit your goal for the day
  - Make a chart to mark off milestones on your journey
  - Baby steps add up to big changes!







# Be Curious with Nutrition

- Make tiny steps
  - Make little goals that will result in achieving your big goal
  - Once you've mastered one small goal: cutting out fast food or adding a handful of greens to your dinner plate each day... then move onto the next small goal
  - Your goals should be “doable”
  - It is easy to get overwhelmed and give up
  - Stay positive!



# Be Curious with Nutrition

- Confront your barriers
  - Emotional attachments to food
  - Food nourishes our mind and soul – not just our bodies
  - If the attachment is not serving us... we need to examine our relationship with that food
  - Instead of setting yourself up for failure, try confronting your fear of “giving up” a food. Try a “trial” period of giving up the food for a week, then two. See how you feel
  - The hardest part is to move beyond your limited thinking of how hard it will be.





# Be Curious with Nutrition

- Make it enjoyable
  - This should be a very personalized journey
  - You need to be aware and listen to your body
  - If you are struggling, look again at your motivations. Are they still important?
  - This doesn't mean rewarding yourself with a big piece of cake after you tried a kale salad! Joy can exist outside of rich food. Find supportive foods that you enjoy; find delicious recipes.



# Be Curious with Nutrition

- A successful journey requires planning
  - Look at your week ahead- you may need to cook breakfast the night before
  - Find two or three recipes for the week – plan your grocery list
  - Roast a sheet pan of veggies and cook a pot of quinoa or brown rice at the beginning of the week to have a “base” for lunches and dinners
  - Buy prepped veggies or bagged greens to make it easier
  - Make a pot of soup and freeze individual portions
  - Find a friend to join you on your journey



# Recipe of the Week Colorful Veggie Sesame Noodles

From [CookieandKate.com](https://www.cookieandkate.com)



# Ingredients

- 8 ounces soba noodles or spaghetti noodles of choice\*
- ¼ cup raw sesame seeds
- ⅓ cup reduced sodium tamari (or soy sauce, just be sure it's reduced sodium or it will taste too salty)
- ¼ cup [toasted sesame oil](#)
- 2 tablespoons lime juice (about 1 medium lime)
- 1 teaspoon grated fresh ginger
- 2 cloves garlic, pressed or minced
- ½ teaspoon red pepper flakes, to taste (scale back or omit if sensitive to spice)
- 2 ½ cups thinly sliced red cabbage (about 10 ounces or ¼th medium cabbage)
- 3 whole carrots, peeled and then sliced into ribbons with vegetable peeler (about 1 ½ cups)
- 1 red bell pepper, sliced into very thin strips
- 1 bunch green onions, chopped
- ½ cup chopped cilantro
- Optional: 2 cups shelled edamame, steamed



# Instructions

- Cook the soba noodles according to the package directions. Once they're done cooking, drain them in a colander and rinse them well under cool water. Transfer the drained noodles to a large serving bowl and set aside.
- Meanwhile, toast the sesame seeds in a small skillet over medium heat, stirring often (keep an eye on them, as they can burn quickly). Once they're fragrant and turning golden, transfer them to a small bowl so they don't burn. Set aside.
- In another bowl, combine the tamari, sesame oil, lime juice, ginger, garlic and red pepper flakes. Whisk until blended. Set aside.
- To assemble, add the cabbage, carrots, bell pepper, green onions, cilantro and optional edamame to your bowl with the noodles. Drizzle in the dressing. Add all of the sesame seeds, and use tongs to toss until the mixture is fully combined. Serve immediately, or refrigerate for later. This salad is best consumed within a couple of days, but it will keep for up to 5 days.
- Optional add in's: chopped cooked chicken, thinly sliced cooked grass-fed beef, boiled eggs sliced, more veggies: lightly steamed broccoli, cauliflower, snow peas













