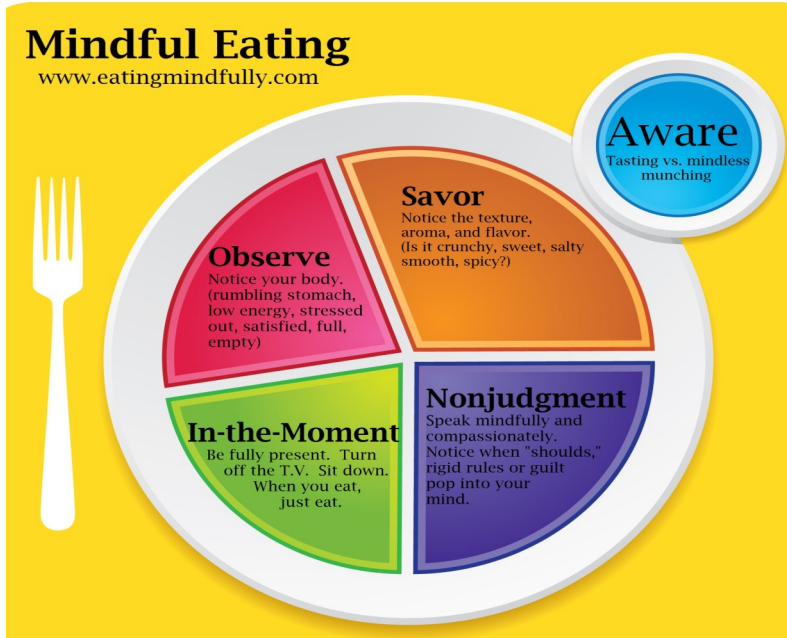


Nutrition News



Mindful Eating: Your connection to food! Using the “Mindful Eating” app by Dr. Susan Albers and this plate diagram makes a huge difference with mindful eating! Submitted by: L. Ameer MS, RD

Balance vs. Restriction: In order to reduce cravings and increase your mindful-eating habits, try paring something that you are craving, such as chips, with a healthier option of similar texture, such as carrots or cucumbers, instead of avoiding the craved food all together.

Try eating slower: Drink water, engage in more conversation and put utensils down between bites.

Embrace how you feel: If you feel like having cake with dinner, eat it! The next day try to eat healthier or exercise more. The bottom line is not to feel bad or guilty about how you’re eating. Guilt also leads to overeating and less mindful eating. However, if the pattern continues try to address why you’re feeling this way instead of numbing the feeling with food.



Aromatherapy: Chewing gum or simply using mint drops or aromatherapy changes your alertness level and EEG patterns. If you are feeling bored, pop some peppermint gum in your mouth. Not only is peppermint great for soothing your mood and your appetite, it actually can make you feel more alert as well! If you don’t want to chew gum, Aveda makes a wonderful product called Peppymint oral drops.

MORE GREAT MINDFUL EATING
TIPS ON PAGE 2

Seasonal Fruits and Vegetables

By: A. Arredondo, RD

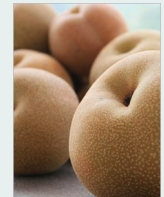


Chayote Squash:

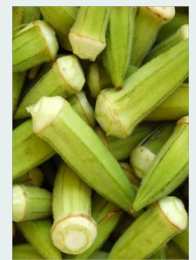
A great substitute for potatoes or summer squash in a variety of recipes.

Sugar snap peas: An excellent source of Vitamin K, this crunchy vegetable can be used in place of chips for fun summertime dips.

Asian pear: A good source of fiber that can be stored in the refrigerator for up to three months! Try it as a healthy addition to a salad.



Okra: Very popular in Southern cooking, this versatile veggie can be prepared in a variety of ways and is a good source of folate, magnesium and fiber.



TIP: Purchasing fruits and vegetables in season is a great way to save money and support local growers.

For more information, visit
www.fruitsandveggiesmorematters.org

MINDFUL EATING TIPS CONTINUED

Increase blood flow: Changing your energy level can help. Get your blood flowing in seconds with these tips:

• Do 10 kicks or jumping jacks; lie down on the floor with your feet up against the wall; or drink a cup of any herbal tea. Try doorway stretches: Place your hands on either side of the doorway and lean inward.



Stimulate your brain: Perform activities that stimulate your brain and block boredom eating, such as knitting, painting, kite flying, yoga, puzzles or apps with “brain” games. These kinds of activities activate your brain but also can place you into a relaxed, trance-like state due to their rhythmic nature.

What is your health goal?

Health Goals and Mindful Eating

By: R. Levitt, RD

According to the Center for Mindful Eating, a person who eats mindfully has insight into how to achieve specific health goals. Have you thought about what your health goals are? Often, we make annual resolutions that are behavior-based goals, such as resolving to exercise daily or to quit smoking. If we are unable to sustain the promised behavior, we feel like we failed and we quit trying.



Perhaps a better approach would be aiming to achieve specific health goals. Health goals may be attained by a variety of approaches. For example, if you have a goal of improving heart health you may decide to include exercise, improving diet and reducing stress as strategies for achieving that goal.

MINDFUL EATING AT RESTAURANTS AND IN SOCIAL SITUATIONS

By: L. Boerner, RD

- ◆ Plan ahead. Remind yourself to be more aware of your eating prior to an event. In social situations, people can distract you, making it more challenging to focus on what and why you are eating. Review the basics of mindful eating (eating slowly, paying attention to cues, savoring your food).
- ◆ Eat a healthy snack a couple hours before the event. Ideally, you want feel hungry but not arrive at the social gathering starving.
- ◆ Take small servings and eat slowly. Use a small plate if possible and don't load your plate where it is easy to overeat. Engage in conversations; this will allow you to take time out from eating.
- ◆ Be aware of cues. If you take a small serving, your cue will be when you get seconds. Ask yourself why you're getting seconds. Is it because you are actually hungry? Listen to your hunger cues.
- ◆ Don't linger near the food table where it is tempting to refill your plate
- ◆ Be sure to drink water, which helps to slow down your eating pace and gives you the feeling of being full.
- ◆ Fill your plate with healthier choices (salads, vegetables). If it is a potluck, volunteer to bring something you know is healthy.
- ◆ Allow yourself to have a treat or dessert. However, choose a small portion or share a dessert if portions are large.
- ◆ Remember that you do not need to clean your plate.





SAVE OUR WATER

DO YOUR PART—BE WATER SMART

By: K. Miller, RD

To date, 2015 is the driest year in California’s recorded history. Water conservation is the quickest way to save. Follow these tips to be water smart derived from saveourwater.com.

1. Cook food in as little water as possible. This also helps it retain more nutrients.
2. Turn water off when brushing your teeth or while shaving.
3. Take only five-minute showers (this can save up to 150 gallons per month).
4. Don’t use running water to thaw food. Defrost food in the refrigerator.
5. Collect the water you use when washing fruits and vegetables and use it to water outdoor or house plants.



MINDFUL EATING ACTIVITY

By: K. Miller, RD

Have you ever really thought about WHAT you are eating and WHY you are eating it? Food should be valued as something more than just a “filler” to get through the day. Ordinary food can be uniquely satisfying. Here is a fun activity that can get you and your family to eat more mindfully:

What you will need:

Washed oranges (one for each family member); paper towels or napkins; paring knife for each participant or a plastic knife for children



Steps:

1. Wash your hands.
2. Take two full minutes to admire the color, shape and texture of the fruit.
3. Oranges grow on trees in warm climates. Close your eyes and imagine where your orange grew. *Can you feel the warm sun? Can you smell the blossoms? Can you see the fruit on the trees?*
4. Open your eyes and smell the orange.
5. Place the orange on a napkin or piece of paper towel. Roll the orange firmly on the table to release the orange essence.
6. Pick up the orange again and smell the essence.
7. Use the knife to make several cuts, just through the peel. Create quarters by first cutting around the fruit and then cutting from top to bottom.
8. Take time to smell the orange again. *Does it smell stronger? Sweeter?*
9. Peel the fruit slowly, taking time to enjoy the aroma, texture and color.
10. Separate a couple of segments. Examine their inner structure—hundreds of tiny, juice-filled sacs.
11. Place a segment in your mouth, close your eyes and bite down. Pay attention to how the juice bursts into your mouth and fills it with orange flavor.
12. Chew slowly and experience the texture of the membrane. *How is this different than drinking a glass of orange juice?*
13. As you chew slowly, pretend this is the last orange on earth. It’s all yours!

FIVE TIPS FOR HOSTING A SUMMER COOKOUT

By: D. Walker, RD

Keep it fresh. There are so many seasonal fruits and vegetables to choose from during the summer months. Not only will they have better flavor and nutrition, but they will cost you less.

Keep it simple. Choose a menu that doesn’t involve lots of steps or hours of prep. Kabobs are a great choice, unless you are feeding a large crowd.

Stay away from sugary drinks. Making your own fruit-infused water is much healthier than soda or boxed juice and it is fun for kids.

Grill a lean meat. We often think of hamburgers and hot dogs for a cookout. Be adventurous and grill something you have never tried on the grill. Fish or chicken are lean choices that turn out moist, flavorful and delicious when grilled. Or you can skip meat altogether and grill a variety of vegetables and fruit.

Lighten up side dishes. Instead of preparing salads full of mayo, cheese or bacon, use lighter ingredients such as vinegars, Greek yogurt and nuts.



Fun Summertime Drink Ideas

Recipes from chopchop.com

Orange Cranberry Seltzer

INGREDIENTS

- 3 cups unflavored seltzer
- 1/2 cup orange juice
- 1/2 cup cranberry juice
(choose all-natural, no-sugar-added)

INSTRUCTIONS

1. Put seltzer in a pitcher
2. Add orange and cranberry juices
3. Stir well

Pretty Purple Grape Sparkler

INGREDIENTS

- 6 tablespoons purple grape juice
- 2 cups cold bubbly water
- 10 grapes, washed and frozen solid

INSTRUCTIONS

1. Divide grape juice and bubbly water between two glasses.
2. Add in frozen grapes
3. Stir gently and serve

Questions or concerns? Contact Adriana at anarredondo@rchsd.org

CONFETTI ORZO SALAD

Submitted by: R. Hernandez MS, RD

This recipe is perfect for clearing out the vegetables in your refrigerator.

INGREDIENTS

- 3 cups cooked orzo, cooled
- 1/4 cup lightly toasted walnuts, chopped
- 1 small zucchini, grated or chopped
- 1 carrot, grated or sliced
- 1/4 cup fresh basil leaves, chopped
- 12 cherry tomatoes, quartered
- 1/4 cup raisins
- 1/4 cup freshly grated Parmesan cheese
- 1 1/2 tablespoon lemon juice
- 2 tablespoons olive oil
- 1/2 teaspoon salt



HANDS-ON TIME: 45 MINUTES
TOTAL TIME: 30 MINUTES
MAKES: 6 SERVINGS

INSTRUCTIONS

Put all the ingredients in the mixing bowl and stir well. Serve right away or cover and refrigerate up to two days. You can add or substitute olives, cucumbers, bell peppers, onions, mushrooms or any other vegetable that you and your kids like. You can also substitute the orzo with any of your favorite grains including quinoa, barley or wild rice.

LEMON CHICKEN STIR-FRY

Submitted by: L. Beaston RD

INGREDIENTS

- 1 lemon
- 1/2 cup reduced-sodium chicken broth
- 3 tablespoons reduced-sodium soy sauce
- 2 teaspoons cornstarch
- 1 tablespoon canola oil and 1 tablespoon of chopped garlic
- 1 pound boneless, skinless chicken breasts
- 10 ounces mushrooms, halved or quartered
- 1 cup diagonally sliced carrots, (1/4 inch thick)
- 2 cups snow peas (6 ounces), stems and strings removed
- 1 bunch scallions, cut into 1-inch pieces, white and green parts divided



INSTRUCTIONS

Grate 1 teaspoon lemon zest and set aside. Juice the lemon and whisk 3 tablespoons of the juice with broth, soy sauce and cornstarch in a small bowl. Heat oil in a large skillet over medium-high heat. Add chicken and cook, stirring occasionally, until just cooked through, 4 to 5 minutes. Add mushrooms and carrots to the pan and cook until the carrots are just tender, about 5 minutes. Add snow peas, scallion whites, garlic and the reserved lemon zest. Cook, stirring, until fragrant, 30 seconds. Whisk the broth mixture and add to the pan; cook, stirring, until thickened, 2 to 3 minutes. Add scallion greens and the chicken and any accumulated juices; cook, stirring, until heated through, 1 to 2 minutes.

Recipes derived from *Eating Well* magazine and chopchopmag.org