

HEALTHY EATING

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Everyone has different nutrition needs. No one way of eating works for everyone. The key is to pay attention to what you eat, how you eat it and how you feel afterwards.

GOOD EATING TIPS

- **Eat when you are hungry:** Hunger is usually a sign that your blood sugar is dropping. Pay attention to your body's hunger signals. Our body is wise and knows when to eat. Ironically, you should not skip meals if you are trying to lose weight. Eating according to hunger increases your metabolism, which burns more calories.
- **Eat breakfast:** Breakfast is the most important meal of the day. It is how you break your fast. Skipping breakfast can slow your metabolism and disrupt your mood and blood sugar. Studies show that 90% of successful dieters eat breakfast.
- **Eat in peace:** Distractions such as reading, watching TV, noisy environments and dinner table arguments can negatively affect digestion. Are you eating the computer or your food? If you feel rushed, take a few deep breaths to relax before eating.
- **Enjoy your food!** Once you have eliminated distractions, you can really enjoy the food you are eating and know how it feels in your body. How much do you like the food you are eating? Enjoy the flavors and textures of every bite. Enjoy the aroma and colors on your plate.
- **Eat slowly:** Chewing is perhaps the most important part of the digestive process, so chew more than you think is necessary and avoid swallowing un-chewed food.
- **Pay attention to your body's signals of fullness:** If you eat slowly and mindfully, you are more likely to notice when you are full. Ask yourself if you feel satisfied and if the food still tastes good. Sometimes we keep eating to finish our plate after we feel satisfied. Don't be a part of the finish your plate club.
- **Eat snacks as needed:** If you tend to get hungry before or between meals, have a snack. Eat healthy snacks like yogurt, celery and hummus, fruit, nuts, or a hardboiled egg. Crackers or pretzels can cause reactive blood sugar issues, low energy, etc. Getting hungry between meals does suggest your main meals may not be balanced.

GOOD DRINKING TIPS

- **Drink water:** Drink when you are thirsty. People can confuse hunger and thirst, the next time you go to snack ask yourself if you are really thirsty. If you don't like the taste of water, add a squirt of lemon or lime-juice or a dash of unsweetened fruit juice.
- **Drink filtered water:** Avoid tap water, fluoride and chlorine found in tap water can be harmful. Bottled waters are often just tap water in a plastic bottle and the chemicals from the plastic may leach into the water. Buy a stainless steel water bottle and fill it with filtered water.
- **If you suspect poor digestion, minimize fluids with meals:** Drinking fluids with meals can potentially compromise your digestion. Sip warm fluids with meals if needed and try not to ingest ice water as it inhibits digestion. If you drink a glass of water twenty minutes before a meal you will probably find that you won't feel the need to drink during the meal.
- **Minimize sugary drinks:** Try to eat your calories, not drink them. Fluid calories are not as satiating as food that you need to chew. Soda/pop, fruit juice, beer, liquor and wine are all high caloric foods.