



## Nutrition Nibbles

### HALT Before You Eat

We all fall prey to emotional eating at some point or another. Who hasn't celebrated with a special dinner out? Who hasn't comforted their hurts with a tub of ice cream or a bag of chocolates? Show me the person who hasn't found himself crunching away on chips when stressed or angry. Being mindful of the emotions that lead us to eat is the first step in combating non-hunger and emotional eating. Try employing these strategies the next time you find yourself reaching for some comfort food:

- ☞ **Just HALT:** Ask yourself: "Am I **H**ungry?" or "Is this **H**abit?" Many of us have paired associations that cause us to eat. For instance, always eating a snack while watching TV. The minute we sit in front of the boob tube, we're searching for something to nosh on. Then ask yourself: "Am I **A**ngry, **A**nxious, overwhelmed, **L**onely, bored, or **T**ired?" These are common emotional triggers. Whether you are feeling frustrated or fighting a habit, just HALT and work on separating non-physical or emotional hunger from true biological hunger. Here's how:
- ☞ **Become aware.** Try keeping a food journal and rate your level of hunger each time you eat something. If you find yourself eating but notice you are not hungry, look for an emotion or habit that may be the cause.
- ☞ **Nurture yourself without food.** Take time out of your busy schedule to do something you enjoy. Read a fun book or magazine, ...

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### Favorite Food

Everyone always asks me "So, what does a dietitian eat?" I have been on a popcorn kick lately! It is a quick, tasty, whole grain snack if it isn't prepared with a lot of extra butter, oil, or salt. I recently found Bearitos Organic Microwave Popcorn without added oil. Despite it's name, it still has a slightly buttery flavor. Yummy! For the Martha Stewart in all of you, try adding 1/4 cup popcorn kernels to a brown paper bag. Roll the top of the bag closed and microwave for approximately 2 1/2 minutes. Voila! Instant healthy nibble. Enjoy!

### College Corner: Food—Make It Fast!



With the start of the school year, you may feel a bit overwhelmed (I know I sure do!) but healthy eating does not have to fall by the wayside. Check out these "fast food" ideas you can create yourself:

#### The Tried and True:

- ✓ A turkey sandwich on whole wheat bread topped with lettuce, tomato, onion, cucumber, mustard, and avocado.
- ✓ A green salad topped with red peppers, carrots, cucumber, beans or lean protein (turkey, chicken, tuna), tossed with an olive oil based salad dressing (go easy on the dressing, croutons, and cheese).
- ✓ Canned broth-based, low sodium soup with whole grain crackers.


#### With a Twist:

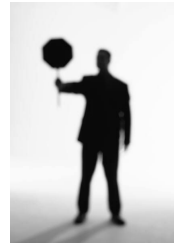
- ✓ Burrito: whole wheat tortilla wrapped around black beans, salsa, low-fat cheese and stuffed with whatever veggies you have on hand (try cabbage, broccoli, peppers, and onions).

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## HALT Before You Eat continued...

take a bubble bath, play basketball with your buddies. Make *distraction and relaxation* your new motto.

 **Express yourself.** Learn to express your emotions and comfort yourself without eating. Talk things over with a friend, write out your feelings in a journal, or seek help from a dietitian or mental health professional. Food may mask your emotions for a small time period but will never provide the relief you are searching for.



I hope you find these tips useful. Remember, if you end up succumbing to emotional eating, do not beat yourself up. The next meal is a new opportunity to nourish your body in a way you feel good about.

## Recipe Box: Easy Pumpkin Pudding

In honor of the Fall season, try this tasty recipe:

- 1 cup canned pumpkin
- 1 package (4-serving size) sugar-free, instant vanilla pudding mix
- 1 teaspoon pumpkin pie spice
- 1 1/4 cups skim milk

Mix all ingredients together. Place in individual bowls or glasses and chill until set. Serve cold with nonfat whipped cream on top (optional).

Makes 4 servings. Recipe courtesy of *Food and Health Communications*.



### Nutrition Facts

Per 2/3 cup serving:

77 calories

0 grams fat

2 mg cholesterol

380 mg sodium

15 grams carbohydrate

2 g fiber

4 grams protein



### Halloween Tricks for Treats:

Give out a fun party favor instead of candy. Pencils, stickers, or crayons are a creative treat.

Pass out sugar-free gum instead of sticky, sweet candy.

If you really must give out candy, purchase it at the last moment and do not buy in bulk.

## Food—Make It Fast! continued...

- ✓ Pita Pocket: Stuff a whole wheat pita with flavored hummus or beans, and lots of veggies
- ✓ Baked potato: Microwave a potato and top with beans, salsa, and shredded lettuce or steamed broccoli and low fat cheese.
- ✓ Omelet: Sizzle up some egg beaters or 1 yolk with 3 whites and throw in spinach, tomatoes, onions, bell peppers, and a little parmesan cheese for a satisfying, quick meal.
- ✓ A peanut butter, jelly, and sliced banana sandwich on whole wheat bread.

### In a Pinch:

- ✓ Keep a Kashi, Healthy Choice, Weight Watchers, or Lean Cuisine frozen meal on hand in case of emergency.
- ✓ Cereal and milk or instant oatmeal is always a quick meal.
- ✓ Don't forget the fruit! Fruit is an easy accompaniment to any of the above "fast food" meals. Adding fruit will round out your noshing with some extra vitamins, minerals, and antioxidants without a lot of extra calories.

Bon appétit!

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