



March-April 2019

Berkshire Health Group

# Wellness Connection

## Health Advice that Sounds Good, but Isn't—By Jennifer Ward, RD, LDN, CLC, CPT, CHWC

National Nutrition Month is an annual nutrition education and information campaign created by the Academy of Nutrition and Dietetics. The campaign, celebrated each year during the month of March, focuses on the importance of making informed food choices and developing sound eating and physical activity habits.

In honor of National Nutrition Month, I would like to clarify 3 of the most popular myths around nutrition and exercise to help lead you in the right direction with your health.

1. **You can eat what you want, but in moderation.** Too many products contain ingredients that are not real food. Next time you grocery shop, I encourage you to read a few ingredient lists and

## National Nutrition Month



note how many of the words are unknown and hard to pronounce. These types of foods are man made, and tend to be highly addictive as well as pull us away from our natural hunger signals. Long-term, this puts us out of touch with what our bodies truly need in terms of how much and what we should be eating to fuel our body. Finally, ask ten individuals to define moderation and you will get ten different answers.

### 2. Muscle weighs more than fat.

One pound of muscle weighs the same as one pound of fat and one pound of feathers.

More accurately, one pound of muscle takes up less space than one pound of fat. Replacing fat with muscle *can* be the reason for maintaining weight while losing inches.

### 3. Eating less and exercising more is all it takes to lose weight.

One cinnamon bun is calorically equal to a 1-pound bag of carrots, an apple, 2 bananas, *and* a bunch of celery. A study at Tel Aviv University tracked almost 100 women who were following a 1400-calorie diet. One group ate big at breakfast, while the other ate big at dinner. At the end of 12 weeks, the big breakfast eaters lost an extra 11 pounds.

More recently, research on intermittent fasting (decreasing one's daily eating time frame, while increasing the fasting time), without changing food selection or calorie-counting elicited weight loss. So, nutrient/caloric density, calorie distribution and meal timing all significantly impact weight loss efforts.

## INSIDE...

2 The Practice of Mindful Eating

3 New BHG Healthy Recipe, Upcoming Challenges, & Your Wellness Benefits



⇒ Check out the HERO Coaching Program and earn \$200 for taking care of YOU. [Click here.](#)

⇒ Practice Mindfulness. Check out the article on Mindful Eating on Page 2.

⇒ Stay connected and like us on Facebook! [Click here.](#)

⇒ Click [here](#) to see the BHG fitness calendar for FREE classes near you.

# The Practice of Mindful Eating

By Angela Wilson, LMHC

The practice of mindful eating can be a great tool in any healthy eating intention. Antidotal evidence suggests that mindful eating helps people to eat less, lose weight, and manage emotional eating. Mindful eating can also be a pleasurable experience in and of itself. It can allow you to experience the delight and richness of your meal and can support a deepening of your understanding of what your body needs, feels nourished by, and enjoys.

When we practice mindful eating, we make the intention to eat more consciously. Mindful eating means slowing down and being more aware of not just what you eat, but *how* you eat. It means taking more time to notice and experience your food and to give your stomach more time to digest and savor the food, instead of anticipating the next bite or portion.



**Here are a few ways you can practice mindful eating.**

**Pausing, smelling, and visually taking in your food.** Oftentimes we are quick to dive into a meal without even noticing its delicious smells, colors, and textures. Before you begin eating your meal take a moment and take a breath. Visually look at your meal. Smell it. Notice how your body may respond as you do this—what physical sensations do you notice? How does your mind react? Try not to judge what you notice, just be aware of the experience.

**As you begin to eat your food notice what happens if you chew your food more slowly than usual.** What tastes appear as you take a bite, chew, and really notice it. Sometimes we miss some of the subtle textures and tastes when we eat very quickly. After each bite you might even take a pause and notice the flavor of each bite in your mouth.

**Notice when you begin to feel full and when you are still hungry.** What is that experience like? Be aware of how your mind responds or reacts to the process, trying not to judge what you notice. When you finish eating take one or two minutes to just sit and feel the after effect of eating, to feel your food begin to digest. Take a few deep breaths before you move onto your next activity or perhaps give thanks for the food you have just enjoyed.





## Roasted Sweet Potato Quinoa Bowl Recipe

This healthy and hearty Sweet Potato Quinoa Bowl, a creative combo of protein-packed quinoa, roasted sweet potatoes and avocado, is drizzled with a maple dressing and topped with roasted almonds, an egg and leafy sprouts. (Resource: <https://www.bitememore.com/feedme/520/roasted-sweet-potato-quinoa-bowl-recipe>)

### Maple Dressing

¼ cup olive oil

1 tbsp. apple cider

vinegar

1 tbsp. maple syrup

1 tsp Dijon mustard

1 tsp chopped shallots

1 large sweet potato, peeled, cut  
into 1-inch cubes

1 tbsp. olive oil

¼ tsp kosher salt

¼ tsp freshly ground black

Pepper

4 fried eggs, sunny-side up

### Quinoa

1 cup quinoa, rinsed  
well and drained

2 cups water

¼ tsp kosher salt

1 large ripe avocado,  
chopped

1/3 cup chopped  
roasted almonds

### Directions

1) To make the dressing, in a small bowl whisk olive oil, apple cider vinegar, maple syrup, Dijon mustard, shallots, salt and pepper until well combined. Set aside.

2) Preheat oven to 425°F. In a mixing bowl toss together cubed sweet potato, olive oil, salt and pepper. Place sweet potato on a parchment-lined baking sheet and roast 16-18 minutes, until potatoes are tender. Remove from oven and set aside.

3) Meanwhile, in a medium saucepan, combine quinoa, water and salt. Bring to a boil over high heat. Reduce heat to a simmer, cover and cook 12-15 minutes, until the liquid is absorbed. Remove from heat and let sit covered for 5 minutes.

Combine quinoa, roasted sweet potatoes, avocado and a few spoons of dressing. Divide between 4 serving bowls, top with almonds and drizzle with more dressing.

**SERVES 4**

## Wellness Challenges

### 21 Day Mindfulness Challenge

March 11th- April 1st

Follow a calendar with simple but effective behaviors to try each day. By the end of the month you will have new ways to manage stress and an overall more mindful way of living.

### Healthy Steps

April 22<sup>nd</sup> - June 17<sup>th</sup>

This is a unique, 8-week self-directed program which incorporates tracking healthy eating habits and increasing exercise mileage to improve weight, body composition, fitness and overall health.

### Walk with Me

Registration begins on March 26th@ 10am

## Take Advantage of your Wellness Benefits!

- [Diabetes Care Program](#)
- [Colonoscopy Incentive Program](#)
- [BCBS Fitness Reimbursement](#)
- [BCBS Weight Loss Reimbursement](#)
- [Hero Coaching Program](#)
- Visit [Berkshirehg.com](http://Berkshirehg.com) for more info

**For more information regarding any BHG Wellness Programs, please contact:**

Beth Piantoni, CPT, CHWC

BHG Wellness Coordinator

[epiantoni@bhs1.org](mailto:epiantoni@bhs1.org)

413-445-9327

