

# NUTRITION BITS AND BITES

## Eating Mindfully



### What is Mindful Eating?

- Paying attention to your hunger and fullness.
- Using all senses to enjoy and choose foods, so that it is both satisfying and nourishing.
- Realizing there is not a right or wrong way to eat.
- Being aware of our experience and response to food (likes, dislike, or neutral) without judgement.

### Mindful Eating and your Child

- Mindful eating is a powerful tool as it allows children to learn how to make their own food choices as opposed to being told what is “good” or “bad”.
- Mindful eating encourages a healthy relationship with food, and can make mealtimes more enjoyable as it focuses on the experience of eating.
- When eating meals and snacks, try asking questions such as:
  - “What do you taste?”
  - “What does this food remind you of?”
  - “What do you want more of?”
  - “What do you like or dislike?”
  - “How does your tummy feel when it is getting full?”
  - “How would your tummy feel if you did eat all the cookies?”
- Keep in mind that children learn a lot from their parents’ behaviours around food, and your actions is the best teacher when it comes to mindful eating.

For more info, check out:

<https://www.thecenterformindfuleating.org/>

*Disclaimer: Some recipes or food suggestions may not be suitable for people with allergies. Please check with your local school to identify foods that are acceptable or unacceptable in the classroom.*

## Yummy Quinoa Salad

Makes: 2 cups

Preparation time: 5 minutes

Cook time: 20 minutes

### Ingredients:

- ½ cup quinoa (dry)
- 1 tbsp. olive oil
- 2 cloves garlic, minced
- 1 cup sodium reduced vegetable broth
- 1 cup frozen shelled edamame (green soy beans), or canned chickpeas or lentils
- 1 carrot, shredded
- 2 tbsp. parmesan cheese (optional)



### Instructions:

1. Place quinoa in fine mesh sieve and rinse under water for about 30 seconds; set aside.
2. In a non-stick skillet, heat oil over medium heat. Add garlic and stir for 30 seconds.
3. Add quinoa and cook, stirring for 2 minutes to toast the grains. Remove from heat and slowly pour in broth. Slowly and carefully, stir to combine and return to heat.
4. Add the edamame (or chickpeas, lentils) and carrot and bring to a gently simmer.
5. Reduce heat to medium low. Cook, stirring occasionally for about 15 minutes or until liquid is absorbed and quinoa is tender.

***Mindful eating tips:** this dish has lots of different **textures, flavours and colours** in it. Eat it mindfully, using all your senses. First, **look** at the dish and examine its colour, shape and texture. Next, bring the food close to your nose and breathe in the **aroma**. Now close your eyes and take a small bite. Does it make a **sound** when you chew it? What does it **feel** like in your mouth? Is it smooth or crunchy? Chewy or crispy? Finally, how does it **taste**? Is the flavour sweet, salty, sour, neutral? Take your time and enjoy all the aspects of the dish.*

Recipe and photo from The Eat Right Ontario Kid-Friendly Recipe Booklet (2015)

<https://www.unlockfood.ca/en/Articles/Childrens-Nutrition/Cooking-and-Meal-Planning/Kid-Friendly-Recipe-Booklet.aspx>

**\*\* Refer to the Allergy Newsletter (September issue) for substitution ideas.**

For more nutrition topics, go to the news and events section of [www.southernhealth.ca](http://www.southernhealth.ca) or

Contact Dial-a-Dietitian 1-877-830-2892

Health Links 1-888-315-9257

Nutrition Services Team T 204-388-2053

Created by Registered Dietitians from Southern Health - Santé Sud

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