

# NUTRITION TO GO

## Mindful Eating

### What is Mindful Eating?

Mindful eating is when you pay attention to how you feel and listen to your body as you are eating. It helps you to focus on eating, and not be distracted by other things.



### Benefits:

- ✓ Increases the enjoyment you get from your meal
- ✓ Promotes healthy eating habits by helping you know when you are hungry or full
- ✓ May reduce stress or anxiety
- ✓ Helps keep you from eating and swallowing too fast, which can worsen heartburn, reflux, or gas

### How to Eat Mindfully

**Eat slowly.** Take small bites, chew more slowly, and put your fork down between bites.



#### **Pay attention to your body.**

What is it telling you? When eating, pause and listen for your body to signal that you are full. This may help keep you from overeating.



#### **Reduce background noise.**

This may include TV, computer, tablet, or phone. Try eating in a nearby room so the TV can still be heard, or listen to radio or music instead.



#### **Use your senses.**

Focus on the smells, colors, and tastes of the foods in the meal.



## Tips for Mindful Eating:

- Notice your mood. Does it affect your appetite or attention when you are bored, stressed, or sad?
- Choose foods that are healthy, taste good, and make you feel good!



## Winter Black Bean Soup

Servings per recipe: 4

Prep time: 5 minutes

Cook time: 15 minutes

Serving size: 1 1/4 cup

Cost: \$4.73 per recipe/ \$1.18 per serving

### Ingredients

- 2 teaspoons vegetable oil
- 1/2 cup chopped onion
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1 (14.5 ounce) can diced tomatoes, no salt added
- 2 (15 ounce) cans low-sodium black beans, drained and rinsed
- 1 cup water



Freezer  
Friendly!

### Directions

1. Heat oil in a large saucepan over medium heat. Add onion and cook. Stir until onion begins to soften, about 2 to 3 minutes.
2. Add chili powder and cumin. Cook and stir for 1 minute.
3. Add tomatoes, beans, and water. Bring to a boil. Reduce heat, cover, and simmer for 10 minutes.

This recipe is quick and easy, and can be enjoyed on a cold winter day!

More recipes can be found at:

<https://web.uri.edu/community-nutrition/recipes/>