

MARCH IS NUTRITION MONTH MINDFUL EATING



Can you remember your last meal – taste, texture and flavour? Mindful eating involves paying attention to the eating experience, meal planning and awareness of hunger and satiety cues. Individuals who eat mindfully have improved digestion, enhanced meal enjoyment and more success in weight management.

The following are tips to achieve a mindful mealtime.

- **Eliminate distractions:** Avoid eating on the go, at your work desk or in front of a screen, and pay more attention to what you are eating.
- **Practice deep breathing:** Take 5 deep breaths before each meal to allow the mind to calm and focus on the food.
- **Slow it down:** It takes your body 20 minutes to know when it's full. Slow down and take time to breathe and chew food thoroughly.
- **Check in with hunger:** Check in half way through the meal and determine if you are still hungry. If not, put your fork down.



MARCH IS NUTRITION MONTH FOOD AND MOOD



Did you know that the brain needs 450 calories per day to function properly? And not just any calories! Certain foods can have a positive effect on mental well-being. A recent study determined that a Mediterranean-style diet containing folate, B12, omega-3 fats, Vitamin D, fiber, ascorbic acid, tryptophan, magnesium and selenium promotes a better mood overall. To achieve the mood-boosting effects choose a variety of whole foods focusing on:

- Fatty fish such sardines, salmon, halibut
- Poultry
- Beans and legumes
- A variety of fruits and deep-coloured vegetables including dark leafy greens
- Smart carbs such as quinoa, oats, brown rice, sweet potatoes, carrots
- Tree nuts including walnuts, almonds, brazil nuts
- Yogurt (unsweetened)
- Healthy fats such as avocados, olive and nut oils



Sources:

<https://www.psychologytoday.com/blog/your-brain-food/201504/recent-links-between-food-and-mood?collection=1073403>
<http://www.psychiatrytimes.com/apa2013/you-are%E2%80%94and-your-mood-is%E2%80%94what-you-eat>

MARCH IS NUTRITION MONTH

THE RESTORATIVE POWER OF FOOD

Healthy eating not only contributes to good mental health and success in weight management, it also helps replenish energy and repair muscles after exercise. Key nutrients to include in your post workout meal are carbohydrates and protein.

CARBOHYDRATES

- Break down to glycogen; the body's preferred energy source during exercise.
- Replenish glycogen levels post-exercise.
- Allow protein to be used for muscle tissue repair rather than for energy.

PROTEIN

- Feeds and restores blood, antibodies, enzymes, hair and muscle.
- Repairs microscopic tears occurring during exercise.

The following are post exercise snack and meal ideas. Consume within an hour after your workout for best recovery results.

- Yogurt with fruit and cereal
- Sweet potato and lean chicken
- Turkey sandwich on whole grain



Sources:

<http://www.precisionnutrition.com/about-post-workout-nutrition>
<https://www.acefitness.org/blog/5800/3-r-s-of-workout-recovery-nutrition>



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