

Wise Eating for a Healthy Body



In the past, our ancestors ate wisely and shared food. They exercised by doing daily activities like hunting and cleaning skins. As times change, we should continue to eat wisely and stay active.

Mindful eating tips

✓ Respect the connection between the land and the food you eat

- Food tastes better when you or someone you know hunted, cleaned or cooked it!

✓ Ignore cravings that can cause overeating



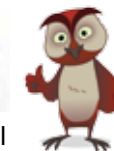
Whole bag



- Slowly cut back on unhealthy foods and add healthy foods and activities to your day.

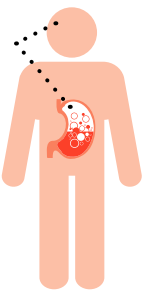


Small bowl



- If you cut out a certain food, you might get strong cravings for it. Enjoy a small bowl rather than eating the whole bag.

✓ Eat only when you feel stomach hunger



- Stomach hunger is when your stomach feels empty or makes growling noises.
- Mouth hunger is when you are craving a certain taste like salty or sour.
- Emotional hunger is when you are feeling lonely, stressed, or very happy.

✓ Stop eating at $\frac{3}{4}$ full



- Once you feel food in your stomach, take a break and have a few sips of water.
- If you keep eating past $\frac{3}{4}$ you will feel overfull.

✓ Eat slowly to enjoy each bite

- Turn off the T.V. and computer when you eat.
- Ask yourself:

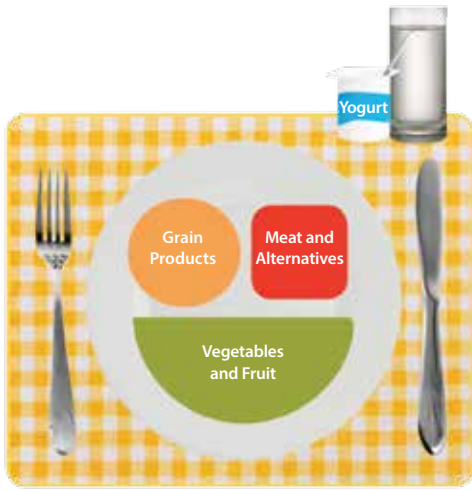
What do I see? (bright, shiny, steamy)

What do I smell? (seafood, fresh baking)

What do I taste? (sweet, sour, spicy)



Nutrition tips



✓ Learn how much store-bought food to eat

- This plate shows a healthy, balanced meal.
- Three meals a day should have at least 3 of the 4 food groups.
- Snacks should have at least 2 food groups.



Choose this

- Eating when feeling stomach hunger
- Making healthy changes with a friend or a family member
- Eating with family or friends
- Water, milk, homemade soup or broth
- Coffee with milk (adults only)
- Graham crackers or social tea cookies
- Fruit and vegetables
- Low-fat air-popped popcorn, pretzels, rice crackers or rice cakes
- Chicken without skin
- Turkey or chicken bacon
- Healthier deli meats: Turkey, chicken, ham, roast beef
- Hawaiian and vegetarian pizza
- Preparing meals at home
- Cooking foods by: BBQ'ing, baking in the oven, pan-frying using a little oil
- Fish, not breaded (canned, fresh, frozen)



Instead of this

- Eating when feeling mouth or emotional hunger
- Making healthy changes alone
- Eating in front of the T.V. or the computer
- Fruit drinks, drink crystals, fruit cocktail, pop, energy drinks, slush
- Coffee with whitener (adults only)
- Donuts, cookies, snack cakes
- Chips, cheese twists, tortilla chips
- Breaded chicken fingers, fried chicken
- Regular bacon
- Processed meats: bacon, salami, pepperoni, bologna, hot dogs, canned wieners, canned meat, sausages
- Pepperoni or deluxe pizza
- Eating "ready-to-eat" foods from the grocery store or in restaurants
- Deep-frying, or pan-frying foods in lard, shortening, bacon fat
- Frozen fish sticks, deep-fried fish

