

Food and Fitness

Volume 160

Mindless Eating

What is it? We all do it. Mindless eating is defined as eating food without paying attention to how much we are actual consuming. Typically, the foods we are mindless eating most often are the ones high in fat and/or sugar like potato chips and cookies. So, how can we overcome mindless eating and what are some better ways to mindlessly eat.

First, let's cover better ways to be more mindful when eating.

Turn off distractions

Eating while on the phone, watching television or any other distractions can cause us to not pay attention to how much we are eating – mindless. By turning off distractions and paying attention to your body's cues, you may stop eating sooner than if you were just shoveling it in while watching your favorite show.

Use smaller utensils

Using smaller utensils is a great start for portion control as well. When using your smaller plates, bowls, cups or etc. you are tricking your mind into feeling satisfied with a smaller portion of food. Chances are when you fill your smaller plate and empty it, your mind will tell your body you feel satisfied.

(Continued on Page 2)



Inside this issue:



Mindless Eating 1-2

Vitamin and Mineral Guide 3

Vitamin A 4

Recipe 5

Brain Exercise 6

November Monthly Observations 7

Contact Information 8

Mindless Eating

(Continued From Page 1)

Always eat using plates and bowls

I call this one the potato chip bag nightmare. Eating right out of the packages keeps you reaching in for more and more. Always put how much food you want on your plate, bowl, etc. and then put the package away. When eating directly out of packages, you have no way of gauging how much you have eaten. Plus, it gives you more availability to the entire package of food and thus leading to eating more than if we pre-portioned out the amount we wanted.

Next, we all have our moments of chaos and busy schedules and mindful eating at this point might not be realistic. In these instances, we need to focus on how we can mindlessly eat better.

Choosing foods that are nutritious here is where it counts. If you know you are going to be running a tight schedule and can't sit down to a distraction free meal, choosing high quality foods is where you need to start. Instead of grabbing a bag of chips and a candy bar at the gas station, you can choose crackers and cheese. Most gas stations also offer milk, juice, and water for a better choice than cola.

Now, I also know that sometimes dinner might be at the same time as you favorite television show and not everyone has the luxury of pausing or recording the show. And that's okay. Try paying attention to your food during commercials breaks as a start. By using your smaller plates and choosing healthier food options, you can have a moment of weakness every once in a while.

Very rarely do we actually stop eating because we have had enough. We can try to eat mindfully or learn to mindlessly eat better. The goal is to not overeat and make better choices on the foods we choose to eat.



VITAMINS AND MINERALS

Both are essential for a healthy body and to prevent certain diseases.



Vitamin A

Functions

Vitamin A is a fat-soluble vitamin that is stored in the liver. Important for good vision, immune system, cell growth, maintaining healthy skin, and teeth.

Different Types of Vitamin A

Retinoid: Comes from animal sources

Pro-vitamin A (Carotenoids): Come from plant sources.



Daily Amounts Needed for Adults 50 and Older:

Recommended Daily Allowance:

Men—900 µg/d

Women—700 µg/d



Sources

Retinoid sources: Meats, fish, poultry, dairy, egg yolks, and fortified cereals.

Beta-carotene sources: Orange and yellow fruits and vegetables, broccoli, spinach, and most dark green leafy vegetables.

Also available in dietary supplements.

Deficiency

Can lead to increase risks for eye problems – night blindness, corneal damage and can also cause dry and scaly skin.

Toxicity

Toxicity can turn your skin orange or yellow, cause, acute vitamin A poisoning, can retard growth, bone pain, fatigue, night sweats, hypercalcemia, and abdominal pain.



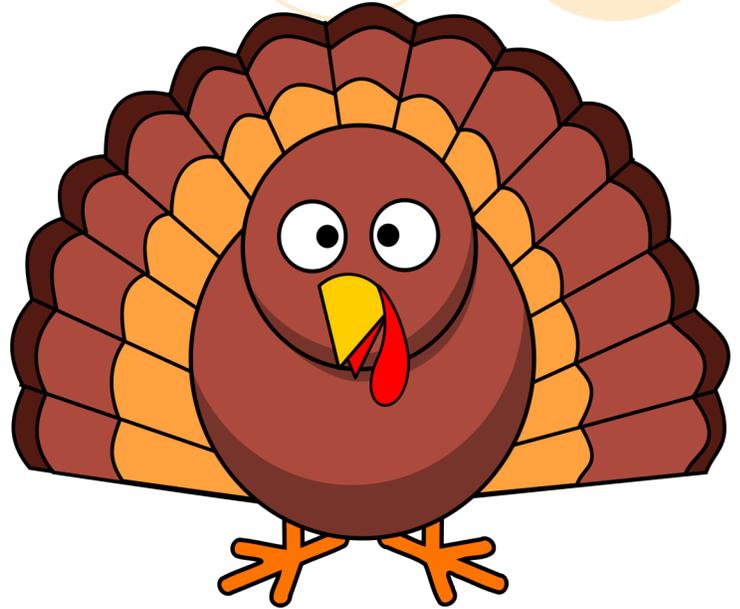
"For starters, lay off the vitamin A."

Leftover Turkey Salad

Volume 160

Ingredients

- 4 cups cooked diced turkey
- 1 cup diced celery
- 1/2 cup finely chopped red onion
- 1 tablespoon chopped fresh parsley
- 1 teaspoon lemon juice
- 1/2 to 3/4 cup light mayonnaise
- 1/8 teaspoon ground black pepper
- salt, to taste



Instructions

Mix all ingredients in a mixing bowl and stir until the turkey salad looks uniform throughout. Serve on cracker or bread.



Brain Exercise

Don't Just Exercise Your, Body, Workout Your Brain!

Free Printable Word Search Puzzles

Thanksgiving (U.S.)

Find and circle all of the words that are hidden in the grid.
The remaining 26 letters spell a popular Thanksgiving Day event.

M A C P I L G R I M S P A R A D E
 S M A Y S W E E T P O T A T O Y N
 G N I R E H T A G S H T H G A O S
 D N P L L A B T O O F F R N I C E
 O S U C K S N S L G E A O N R L O
 O T M I E R E I V S V I U A A D T
 F U P I O L D V T Y T E N U N G A
 R F K C N A E I I I R B N E N A T
 I F I Y Y O V B D T E N K G H O O
 E I N D A A V A R R A E A Y T N P
 N N P N L D R E R A E L T P U A D
 D G I A M T S Y M W T R E F O P E
 S Y E K R U T R G B A I E R M M H
 H A R V E S T N U V E A O E Y A S
 H S A U Q S O U E H S R A N L W A
 R F A M I L Y L A T T L A D P E M

- | | | |
|-------------|-----------------|--------------|
| ANNUAL | GRAVY | RELATIVES |
| AUTUMN | HARVEST | REUNION |
| CELEBRATION | HOLIDAY | SQUASH |
| CORN | LONG WEEKEND | STUFFING |
| CRANBERRY | MASHED POTATOES | SWEET POTATO |
| FAMILY | MEAL | THURSDAY |
| FEAST | NOVEMBER | TRADITION |
| FESTIVAL | PARADE | TRAVEL |
| FOOD | PILGRIMS | TURKEY |
| FOOTBALL | PLYMOUTH | WAMPANOAG |
| FRIENDS | PUMPKIN PIE | YAMS |
| GATHERING | | |

Did you enjoy this puzzle? Visit: <http://www.puzzles.ca/wordsearch.html>

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Brain Exercise Answer on Page 8



November 2015

Monthly Observation

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Deviled Egg Day	2 Look for Circles Day	3 Sandwich Day	4 King Tut Day	5 Men Make Dinner Day	6 Saxophone Day	7 Book Lovers Day
8 Cook Something Bold Day	9 Chaos Never Dies Day	10 Forget-Me-Not Day	11 Veteran's Day	12 Chicken Soup for the Soul Day	13 Na- tional Indian Pudding Day	14 World Diabetes Day
15 Clean Your Refrigerator Day	16 Button Day	17 Home-made Bread Day	18 Occult Day	19 Have a Bad Day Day	20 Universal Children's Day	21 World Hello Day
22 Go for a Ride Day	23 National Cashew Day	24 Evolution Day	25 National Parfait Day	26 Thanks-giving Day	27 Black Friday	28 Red Planet Day
29 Square Dance Day	30 Stay at Home Because You Are Well Day					

- **Aviation History Month**
- **Child Safety Protection Month**
- **International Drum Month**
- **National Adoption Awareness Month**
- **National Epilepsy Month**
- **National Model Railroad Month**
- **National Novel Month**
- **Native American Heritage Month**
- **Peanut Butter Lovers Month**
- **Real Jewelry Month**
- **National Sleep Comfort Month**

Kathrine J. Clark, MS, RD, LD
Nutrition Consultant
1 John Marshall Drive
Huntington, WV 25575

This newsletter is created by Kathrine J. Clark,
MS, RD, LD, Nutrition Consultant to the West
Virginia Bureau of Senior Services.



HAPPY

THANKSGIVING!

Brain Exercise Answer

The hidden message is:

MACY'S THANKSGIVING DAY PARADE

