



## Mindful Eating

### Practical Ways to Prep, Eat & Nourish

Hints for Health from Elara Caring



### Mind Your Meds

- ✓ Some medications do not mix well with certain foods! Be sure to read the warning labels on your medication and talk to your Elara Caring clinician or pharmacist about food-related precautions unique to your health status.
- ✓ Certain diagnosis-related symptoms can worsen or improve based on your food choices. Talk to your Elara Caring clinician or doctor about which foods can trigger problems or help with healing.



### Nutrition and Healing

- ✓ Instead of concentrating on what you *can't* have, prioritize food that is nutritionally “worth it”. Ask yourself if a specific food has nutritional value. So an avocado, for instance, may be high in calories, but it is also high in vitamins C, E, K, B6, riboflavin, niacin, potassium and omega-3 fatty acids.
- ✓ When you're recovering from surgery or hospitalization, your body needs fuel to heal. Make sure the calories you're consuming are full of the “good stuff” your body needs to recover.



### Read the Labels

- ✓ Pay attention to the number of servings in a package. 100 calories seems great, until you realize there are 10 servings in the package!
- ✓ Any syrup such as high-fructose corn syrup, molasses, cane sugar or juice concentrate all indicate that there are added sugars.
- ✓ Look for ingredients that end in “-ose” (like dextrose, fructose, glucose, sucrose and maltose) which indicate added sugars.

# Mindful Eating

## Practical Ways to Prep, Eat & Nourish



### Hidden Sugars

Sugar can hide in sneaky places. It's obvious that cake or cookies would be high in sugar, but beware of the following foods where sugars aren't so obvious.

Regular Soda • Fruit Drinks/Juice • Sports Drinks • Lattes • Muffins • Bagels  
Granola • Salad Dressing • Ketchup • Mayo • Pasta Sauce • Teriyaki/Hoisin



### Diet vs. Meal Plan

- ✓ Meal planning starts *before* going to the grocery store.
- ✓ Make a list of foods that are healthier choices that you will enjoy.
- ✓ Don't forget snacks! Include healthy snack options that you enjoy.
- ✓ When shopping, make a list and stick to it. Avoid impulse buys.



### Taste a Rainbow!

- ✓ Shop for a rainbow of fruits and vegetables. Different colors of food indicate that different nutrients are present.
- ✓ Grocery Game: Pick a produce item that is each color: red, orange, yellow, green, blue and purple. Next week do it again, but choose different items!



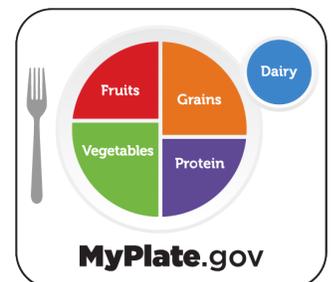
### Cook and Prep

- ✓ Place everyday healthy food choices at eye level or below for easy access.
- ✓ Prevent slips or falls by wiping up spills immediately, wearing sturdy shoes with non-slip soles and working in a well-lit area.
- ✓ Have a sturdy stool or step ladder handy for accessing upper shelves.

## ChooseMyPlate.gov

**My Plate** is a tool to help you to visualize the portion size that works best to support a healthy lifestyle and will ultimately help you in achieving your health and wellness goals. The website and app offer a wealth of nutrition and mindful eating tips.

(U.S. Department of Agriculture)



## eatright.org

An online resource presented by the Academy of Nutrition and Dietetics. Tips for food, health, fitness and more!

Do you have questions or concerns?

We Can Help

elara.com