



Mindful Eating

How you eat/fuel your body can make quite a difference in your health. Honestly speaking, most if not all of our ill health has a direct relationship to how we've nourished ourselves. If you eat mindfully, you can increase your mental clarity, help maintain energy levels avoiding those highs and crashes during the day that may send you to the candy machine or coffee pot, increase lean muscle mass as you decrease body fat, and fall asleep more easily as you sleep more deeply. And the more work you can do outside of our visits together can help you to reach our joint goal of regaining your good health more quickly, more easily, and less expensively. Would you expect a garden to grow without rich, healthy soil or a car to go without good gas? Mindful eating can be that simple. Here are some of our suggestions:

Eat breakfast within an hour of awakening. If you aren't hungry when you wake up, having a little bedtime snack could actually help you to wake up hungry. Ask us for protein shake recipes if you can't seem to eat whole food in the morning. We don't suggest you rely on shakes, but a well-balanced shake is better than nothing.

Never go longer than three hours between meals or snacks.

Always eat protein, fat and carbohydrate at each meal and snack. For protein, think animal (meats, poultry, eggs, fish, dairy); for carbohydrate think fruits, vegetables and starches (rice, millet, quinoa, pasta, breads, etc.); for fat think nuts, nut butters, olives, tahini, baba ganouj, hummus, oils (salad dressings), mayonnaise. Unless you're working with the doctor on fortifying a deficient system or need to gain weight, a splash of fat is all that's needed to give your body what it needs.

A sample day's schedule could be:

- 8am awaken, cup of tea (no or low caffeine)
- 8:30am breakfast (scrambled eggs from free-range hens with broccoli in butter, toast with jam)
- 11:00am snack (½ banana, tsp. nut butter, free-range deli ham slice)
- 1pm lunch (turkey salad mixed with mayo or tahini served atop raw spinach, fruit salad, rice)
- 4pm snack (½ apple, string cheese, nut & seed mix)

Sheilagh Weymouth, D.C., P.C.
215 Park Avenue South • Suite 1304 • New York, New York 10003 • 212.533.3070 (V) • 212.533.3198 (F)
www.wholelifehealthcare.com

7pm dinner (wild salmon steak, salad with dressing, vegetables, potato with herb butter)
10:00-10:30pm snack (free-range deli roast beef slice on cracker with mayo)
Midnight bedtime

Portions: since you are eating more frequently, you will actually need to eat a little less than usual at your main meals. If you are an athlete, or otherwise expend lots of energy with your work, you will need some adjustments in these portion sizes. Ask the doctor. General main meal portions should be:

Protein - meat or fish should be about the diameter and thickness of your palm.

Carbohydrate – you simply cannot eat too many fruits and vegetables, so enjoy. But you'll need to add some starch to get your carb quota; e.g., about $\frac{1}{2}$ - $\frac{3}{4}$ of grain or pasta, or a slice of bread or a dinner roll, a small potato or yam, an ear of corn are some choices.

Fats - if you are eating “good” fats, don't skimp because you'll burn them as an energy source. However, if you tend to be sedentary, a splash of fat with each meal and snack is sufficient.

If you enjoy wine or dessert, be reasonable as these are carbs. Also, cut back a little on your main carbohydrate portions to accommodate the added carbs from spirits and sweets.

The above are guideline portions. For heaven's sake, don't be hungry. But if you eat slowly and mindfully and take a short break after finishing your plate, you may be surprised that you don't actually need that second helping after all. And if you do, then eat!

Food sources: We are fortunate in New York City to have a number of choices for organic and free-range foods. And since we seldom have control over restaurant food sources, try to have meats, eggs and dairy products from free-range, hormone and drug-free animals at home. Wild, not farmed, fish is much more nutritious. Fruits and vegetables raised in season without chemicals are ideal.

Water: average rule of thumb is $\frac{1}{2}$ your body weight in ounces per day, but try to drink the bulk of that before evening or you'll be up all night running to the bathroom. Stay away from carbonated waters but always try to drink filtered. Ask us for water filter recommendations for your home.

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