

## Quick Tips!

- Carry 'on the go' healthy snacks at all times - avoid fast food.
- Clean out junk food from fridge and cabinets at home.
- Plan meals in advance to avoid unhealthy foods and snacking.
- Drink water - avoid soda and juice.
- Eat more vegetables and fruits and buy ones that are in season, they will cost less and taste great!
- Eat breakfast every day.
- Stay away from eating after 7:00 PM.
- Identify stressors that make you want to eat - figure out ways to manage stress without increasing calories.
- Practice good sleep habits.
- Make sure to read food labels.
- If eating out, order the smaller portion or ask for a box with your meal and pack up half of it first before eating.
- Try to get dairy products without added sugar. Flavored milks, fruit yogurts, frozen yogurt, and puddings can contain a lot of added sugars.
- Try grilling, broiling, roasting, or baking—they don't add extra fat.
- Ask for salad dressing on the side, so you only eat as much as you want to.

## Resources

### Free Web Resources:

Learn about "MyPlate" and the different food groups

- [www.choosemyplate.gov](http://www.choosemyplate.gov)

Healthy recipes:

- National Institutes of Health  
[www.nhlbi.nih.gov/health/educational/lose\\_wt/eat/recipes.htm](http://www.nhlbi.nih.gov/health/educational/lose_wt/eat/recipes.htm)
- American Heart Association  
<https://recipes.heart.org/categories>

Apps for your phone or tablet at the iTunes App Store:

- Lose It!
- Fooducate
- My Fitness Pal

Nutrition consults, healthy recipes, and healthy cooking classes:

- UMass Medical School Center for Applied Nutrition, Worcester MA 508-334-3452  
[www.umassmed.edu/nutrition](http://www.umassmed.edu/nutrition)

Support group:

- Weight Watchers  
[www.weightwatchers.com](http://www.weightwatchers.com)

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UMass Psychiatry Wellness Initiative

## Healthy Eating Tips



Choosing the right foods can improve your health and give you more energy!

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Department of Psychiatry  
University of Massachusetts Medical School  
UMass Memorial Health Care



## What Kind of Hungry Are You?

There are different kinds of hunger and it is important to learn the difference between when it is actually time to eat and when it is not.

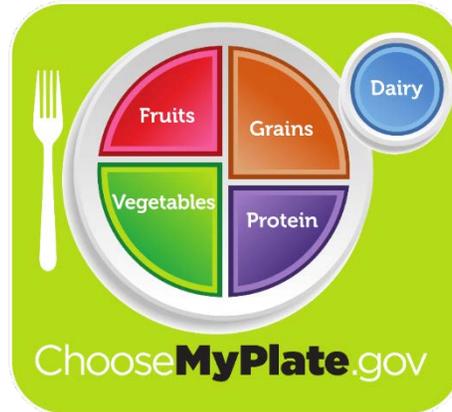
- **Real hunger** – is brought on by a true need for food and develops gradually over time.
- **TV hunger** – Eating more than anticipated because you're not paying attention to how much you're actually eating. For example, when watching TV try putting only a few chips in a cup instead of bringing the whole bag.
- **Bored hunger** – When you can't find anything else to do so you open the fridge to see what there is to eat. Instead of going straight to the fridge try to find an activity to keep your mind occupied.
- **Afternoon hunger** – Mid-afternoon cravings come around and you decide to get a snack from the vending machine. Instead, keep a healthy snack or fruit on hand in case you do come across afternoon hunger.
- **Stress hunger** – Eating to help deal with your stress. Instead, try a different technique like going for a walk or calling a friend.
- **Eye hunger** – You are only hungry because the food is out in plain sight. Try keeping snacks in the cupboard where you can't see them.

## Know Your Calorie Needs

To determine your personal calorie needs, go to: <https://www.cancer.org/healthy/eat-healthy-get-active/take-control-your-weight/calorie-counter-calculator.html>

Based on a 2000 calorie diet, a person should have

- 7-10 servings of fruits and veggies
- 5-7 servings of grains (at least half should be whole grain)
- 2-3 servings of meat and protein
- 2-3 servings of milk/dairy
- 2-3 tablespoons of healthy fats/oils



### Reading a Nutrition Label

The handout included in this brochure breaks down all the parts of a nutrition label and what each part means!

When shopping for groceries, start reading the nutritional label to determine whether it is a healthy option for you!

## Empty Calories

Empty calories are calories we take in from food that contains solid fat or added sugar. Empty calories provide no vitamins or minerals and can be found in food and drinks. Try to avoid foods like pizza, processed meats, cake, cookies, butter, whole milk, fruit punch, and soda.

**Mindful Eating Exercise:** Raisin Meditation  
Try this mindful eating exercise to practice slowing down your eating:

1. Sit comfortably in a chair, place a raisin in your hand and examine the raisin as if you have never seen it before.
2. Imagine it as its “plump self” growing out off a vine surrounded by nature.
3. As you look at it, become conscious of what you see: the shape, texture, color, size. Is it hard or soft?
4. Bring the raisin to your nose and smell it. Are you anticipating to eat the raisin? Is it difficult not to just pop it in your mouth?
5. How does it feel in your hand? How small is it?
6. Place the raisin in your mouth, be aware of what your tongue is doing. Bite into the raisin ever so gently, feel its squishiness, chew three times then stop and describe the flavor and texture.
7. As you complete chewing, swallow the raisin and sit quietly, breathing, aware of what you are sensing.