

# Food is **FUEL**

**Don't be fooled,** the choices you make each day related to food can make or break the best intentions you have to reach your health and wellness goals. Being mindful of your eating habits starts with paying attention to what you eat and how you feel when and after you eat. Fuel up by focusing on the below nutrition challenges!

## Challenges:

- Make a grocery list
- Write a meal plan for one week
- Have three green fruits or veggies in one day
- Try a new fruit
- Try a new vegetable
- Bring your lunch to work
- Avoid caffeine for one day
- Make a vegetarian meal
- Avoid added sugars for 3 days
- Do a mindful eating exercise
- Put your fork or spoon down between bites
- Eat breakfast
- Set a budget for eating out
- Make a family recipe
- Bring fruit to work to share with colleagues
- Avoid candy for one work week
- Clean your refrigerator
- Visit a farmers market or food cooperative
- Order something different at your favorite restaurant



EFR EMPLOYEE & FAMILY RESOURCES

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## **EATING MINDFULLY**

Eating mindfully means being aware of how hungry you are, how much you eat, and how you feel when you eat. A simple way to learn how to eat more mindfully is to do a mindful eating exercise, which is one of your challenges! Here is how you can cross this off your list:

### **MINDFUL EATING EXERCISE**

After a mindful eating exercise such as the one described, you will likely feel your senses heightened and might even be completely satisfied eating less food!

- 1. Take a piece of chocolate or dried fruit and hold it in your hand.**
- 2. Examine the chocolate or dried fruit as if you've never seen it before.**
- 3. Notice how it looks and feels as you move it around your hand.**
- 4. Hold the chocolate or dried fruit to your nose.**
- 5. Take a moment to notice what it smells like.**
- 6. Slowly take a small bite of the chocolate or dried fruit but don't swallow.**
- 7. Notice what it tastes like and the sensation it brings to your mouth.**
- 8. Once you're ready, chew and swallow the chocolate or dried fruit.**

## **YOUR NUTRITION GOALS:**