

MIND YOUR PIES AND CUES

Ready for the endless buffet of holiday parties and workplace breakroom full of goodies? Take a moment to learn more about mindful eating so you feel satisfied, not stuffed—well into a lifelong approach to mindful eating.

ADJUST YOUR MINDSET

Here are mindful eating tips to help you slow down and savor your food, which can help prevent overeating:

- Eat slowly and savor every bite to notice when you are full.
- Beware of the “health halo”: Just because a food is good for us doesn’t mean we can eat an unlimited amount.
- Drink water: Thirst can be misinterpreted as hunger. Check in with your body when you feel hungry. Often, just a glass of water keeps you from eating unnecessary calories.
- Use a smaller plate; at buffets, fill your plate with vegetables and salad first.
- Take a few breaths before starting the meal and notice how the food looks and smells.
- Move the candy dish from your desk to just six feet away. Research shows you will eat about half the amount of candy.
- Minimize distractions when you’re eating.
- Pause when you feel hungry: Is it really hunger or are you stressed, bored or procrastinating?
- Pre-portion food if you know you must eat while powering through work at your desk.



It takes up to **20** minutes

for your brain to register that you are no longer hungry.



CHEERS TO SOCIAL EATING

Use these tips to mindfully eat in social situations:

- Have a small, healthy snack before the gathering.
- Socialize more than you eat, focusing on the people around you.
- Work out or take a walk before you go out.
- Decide ahead of time on how many drinks you will have.
- Scan the food options when you arrive.
- Stand away from the buffet table.
- Socialize by getting together for a walk, class or workout instead.

Over-indulged? Don't give up, just get right back on track and continue on.

Sources: National Institutes of Health, Mindless Eating by Brian Wansink, PhD, Academy of Nutrition and Dietetics, Mayo Clinic, The Washington Post, The Center for Mindful Eating

UNPLUG BEFORE YOU REACH FOR YOUR FORK

Screen time is linked to mindless eating and increased food intake. Eating in front of the TV, while playing video games or on your mobile device can distract attention from what and how much you're eating. It makes it harder to feel "full."

Whenever you can, avoid these types of distractions during mealtime. Sit down at a table to eat so you can focus on your food. You'll also find a greater satisfaction with your food and overall eating and snacking experiences.



Monthly wellness materials are part of a comprehensive health and wellness platform, BlueElements, which focuses on six dimensions of well-being—physical, social, emotional, financial, professional and environmental.

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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-342-4718 (TTY: 1-800-366-6888).
ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-800-342-4718 (TTY: 1-800-366-6888).



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