



Introduction to Mindful Eating - Part 1

For Region 19 ESC Head Start Program

By

**Adriana Rascon PhD (C), MS, RDN/LD, CHES
Holistic/Integrative Nutrition & Wellness Consultant**

HOLA!!!



Butterflies and Flowers - 1 Hour Nature Meditation with Soothing Music
Mehru Angiel
148,056

<https://youtu.be/AqYNirmVMt0>



Introduction to Mindful Eating by Adriana Rascon PhD(C), MS, RDN/LD, CHES

➤ Introduction to Mindful Eating - Part 1

Goal

To empower participants to incorporate the art of mindful eating into their daily lives for optimum nutrition and optimum health

Objective

1- To introduce participants to the concept of mindful eating



What Is Mindfulness?

mindful eating
hunger SAVOR aroma connection texture INTUITIVE indulgence body satisfaction awareness meal Mindful





What is Mindful Eating?

happy
& raw

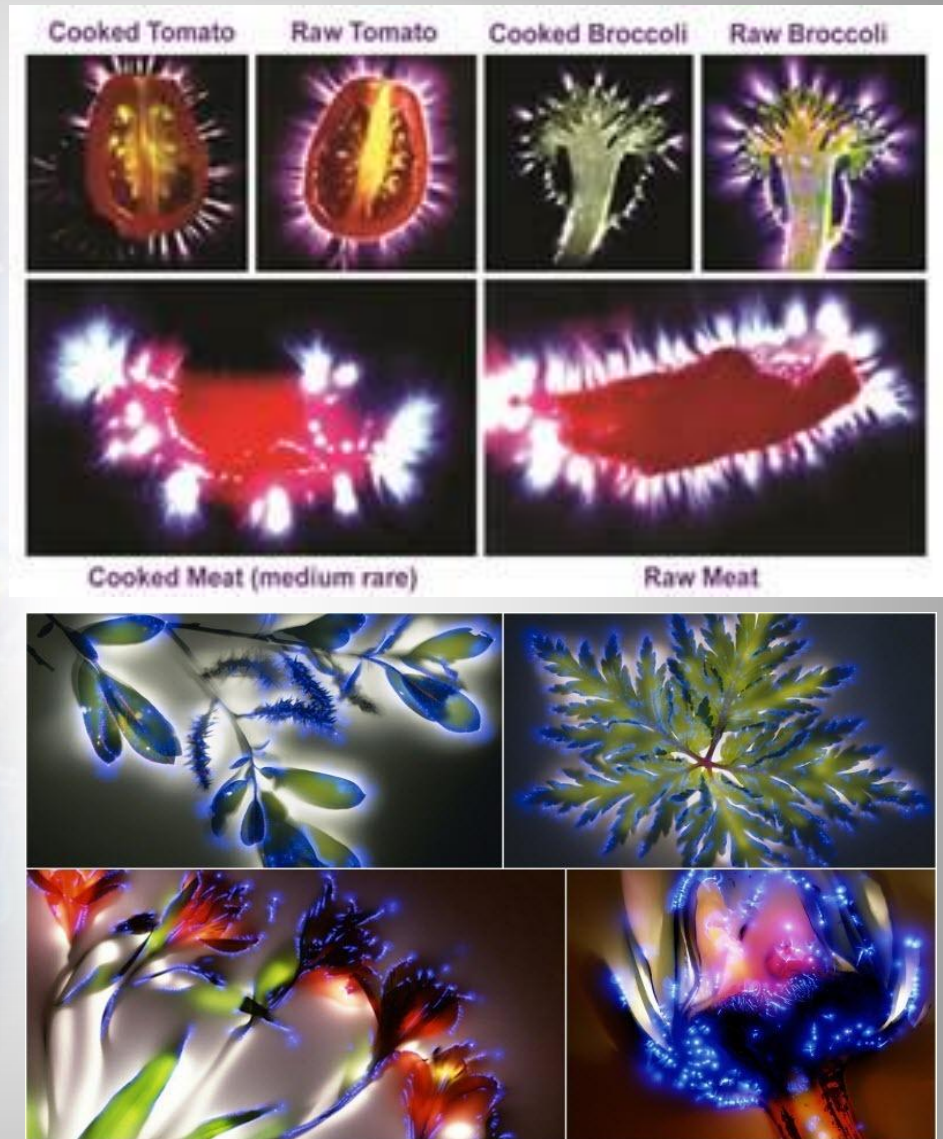
"Food reveals our connection with the earth. Each bite contains the life of the sun and the earth.... We can see and taste the whole universe in a piece of bread! Contemplating our food for a few seconds before eating, and eating in mindfulness, can bring us much happiness."

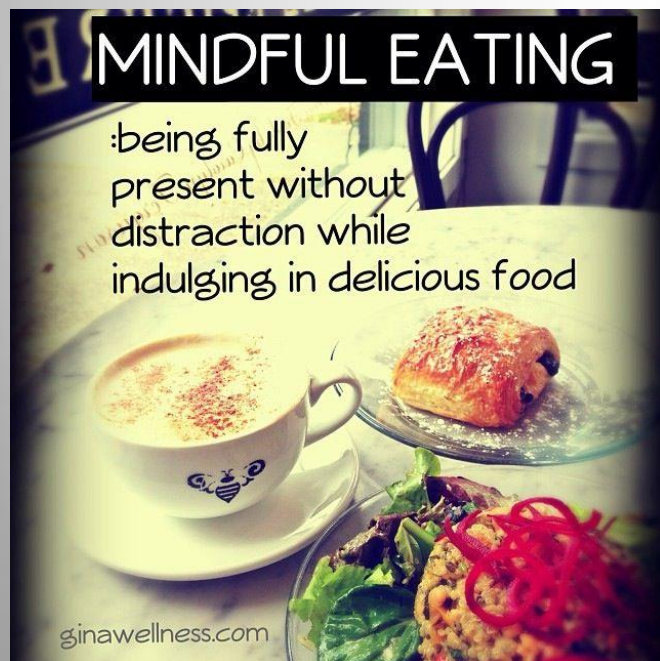
Thich Nhat Hanh

LeftBrainBuddha.com



Mother Nature and Energy





Fully Raw

BY KRISTINA

Practice Mindful Eating: Become a Conscious Consumer

FullyRawKristina

Subscribed 683,948

73,737

<https://youtu.be/qc-CrINmNbw>

7 minute video –
click on the
www link





Ask yourself if you are hungry.

Observe your food before and during tasting.

Slow down...sit while you eat.

Chew slowly and savor the flavors.



Pay attention to how foods effect your body



**Eat seasonal.
Eat fresh.**



Add a variety of organic, lean proteins.



BREATHE

Before you even pick up the food to eat, take a couple of deep breaths – in through the nose and out through the mouth – just to allow the body and mind to settle.

mindful eating with headspace.com



APPRECIATE

Take a moment to appreciate the fact that you actually have food on your plate. We're so familiar with this situation that we forget that for many people in the world, this just isn't the case.

mindful eating with headspace.com



FOCUS

As you move the food towards your mouth, shift the focus away from the hands and more towards the eyes, nose and mouth. How does the food smell?

What does it look like up close?

mindful eating with headspace.com



TASTE

As you put it in your mouth, what is the taste, the texture, the temperature? You don't need to 'do' anything. You're simply observing the different bodily senses at work.

mindful eating with headspace.com



NOTICE

In addition to the physical senses, notice how the mind responds to the food. For example, is the food met with pleasure or displeasure in your mind?

mindful eating with headspace.com



mindful eating exercise

1. Choose a piece of food.

Try something like a nut, slice of apple or even a piece of chocolate.

2. look at the food.

Check out the shape, colour and texture.

3. smell the food.

Take in the aroma + notice how it affects you.

4. taste the food.

Place it on your tongue. Notice the response of your salivary glands.

5. bite the food.

Don't eat it one mouthful. notice the chewing sounds + texture on your tongue.

6. chew the food.

Notice the texture changing as you chew it.

7. swallow the food.

Actually take time to notice the sensation of the food as it travels down your throat to your stomach.

8. say the name of the food.

Yep, say it out loud. acknowledge it. be grateful.

9. practice a mindful bite once at every meal.

Set the tone for your meal by turning on your mindfulness with this simple exercise.



ZOMT

Mindful Eating Exercise



Mindful Eating-
Do foods we eat on a regular basis
appear magically
in the supermarkets,
in our kitchens, on our tables?



Lentil Production



Bereket Tadesse

Subscribe 101

3,117

<https://youtu.be/dlkndyTs1Dw>



Mindful Eating Food Journey Group Exercise

- Get into groups of 7
- Assign a note taker
- Assign a reporter
- Choose a food to share its mindful eating journey from seed to table
-planting, fertilizing, water, harvest, packing, preparing, eating, etc.





*What is it
that we are truly
hungering for?*

Am I Hungry?



Mindful Eating Is..

Pleasurable
A way of Life
For Everyone

Mindful Eating is NOT....

A DIET
an excuse to eat whatever we want

www.nourishedandnew.com



What is wrong with these pictures?! Group Exercise

- Get into groups of 7
- Assign a note taker
- Assign a reporter
- Discuss what is wrong with the pictures on this slide, in terms of mindful eating.



"Mindful eating replaces self-criticism with self-nurturing. It replaces shame with respect for your own inner wisdom."

Jan Chozen Bays

balanceintheburbs.com



➤ Introduction to Mindful Eating - Part 2

Objectives

- 1- To introduce the participant to holistic/integrative nutrition & wellness
- 2- To share with participants a proposed school holistic/integrative nutrition & wellness program
- 3- To introduce participants to the review of school menus based on holistic/integrative nutrition & wellness principles
- 4- To introduce participants into healthy vegetarian & anti-inflammatory foods menu planning and cooking



Holistic/Integrative Nutrition & Wellness

What is Holistic Nutrition?

Most of us associate the word “holistic” with hippies, strange herbs, and being barefoot. But as it turns out, the father of holistic nutrition was no hippy at all. He was a lawyer and a politician, who also studied medicine and chemistry.



In the mid 1800s Jean Anthelme Brillat-Savarin was lying on his deathbed. It was two months before his death that his most famous work was published – a brilliant essay, not about politics, but about food. He titled it: The Psychology of Taste.

Source: <http://holistikhealth.com/what-is-holistic-nutrition-anyways/>



This man of science was the first to believe that food was far more than a fuel source. He penned the famous words, “Tell me what you eat and I will tell you what you are.” He also wrote, “Cooking is one of the oldest arts and one that has rendered us the most important service in civic life.” And – “The discovery of a new dish confers more happiness on humanity, than the discovery of a new star.”

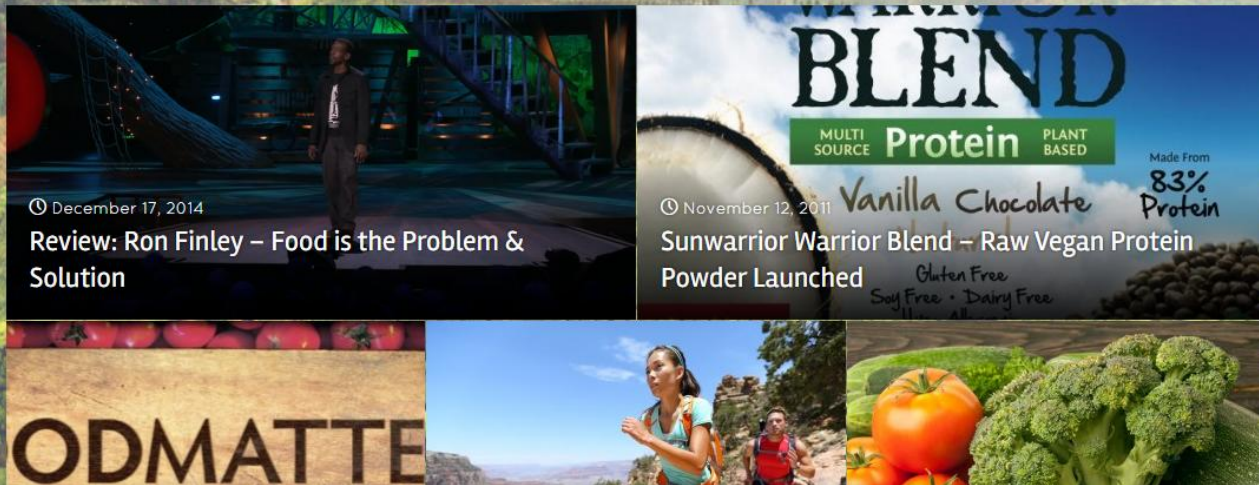
Jean showed us that food can manipulate our moods, thoughts, and actions. It touches all aspects of us, which is why changing our nutrition can literally change our life. It was a message he felt was important enough to be his last.

Source: <http://holistikhealth.com/what-is-holistic-nutrition-anyways/>



Welcome to HolistikHealth.com

We're dedicated to providing the most up-to-date and high quality information on the health and nutrition industry. We focus mainly on areas of natural health, holistic medicine, and raw supplements. Of and if you're interested in writing for us, we can make that happen!



<http://holistikhealth.com/>



**Region 19 Education Service Center
Head Start Program - Nutrition Department**

**Registered Dietitian Menu Evaluation Report –
December 2015**

By

Adriana Rascon PhD(C), MS, RDN/LD, CHES - Nutrition Consultant



The Region 19 Education Service Center (R19 ESC) Head Start program's menus do meet the minimum nutritional standards established under the child and adult care food program (CACFP). However, I strongly suggest, that special attention be given to the following observations and recommendations:

According to the Centers for Disease Control (CDC) the prevalence of obesity in children between the ages of 2 and 4 years old is higher in those living in a low-income family setting. In addition, several studies show an association between childhood obesity and increased healthcare costs, premature death, and cardiovascular risk factors.

Although obesity is an important factor in health, other studies do point to the importance of poor nutrition, which may lead to failure to thrive, food allergies, poor cognition, celiac disease, colitis, and diabetes. Mental health disorders, such as ADHD, autism, depression, and anxiety have also been associated with poor nutrition. Eating disorders, such as binge eating, anorexia, and bulimia have been known to start at an early age, which may lead to poor nutrition, as well.



The Institute of Medicine (IOM) has recommended that actions be taken to prevent childhood obesity and improve overall health, and it states that adult caregivers play a key role in the teaching and environment setting to foster healthy behaviors.

The National Center for Complementary and Integrative Health (NCCIH), and The Dietitians in Integrative and Functional Medicine (DIFM) support body-mind nutrition and wellness programs that include healthy meals, educational activities, and mindful eating practices. Although the R19 ESC Head Start program offers a family style meal service, and teachers reinforce nutrition education in the classroom, the program could benefit from incorporating a body-mind integrative nutrition and wellness based program for optimum health of the children, caregivers, and the families they serve.



In terms of nutrition, the R19 ESC Head Start program menu would benefit from serving a higher number of servings of fresh fruits and vegetables, nuts, grains, and seeds, and omega rich foods, such as fish, all of which are the basis for a healthy meal plan. In addition to the inclusion of fresh foods, nuts, grains and seeds, and omega 3 rich foods into the menu, an increase in organic and free of genetically modified organisms (GMOs) foods, and a decrease in canned foods, and refined sugar pastas and breads are all recommended for optimum nutrition, as well.

Finally, I thank you for your review of my recommendations and hope to be of service as a consultant in the planning, implementation, and evaluation of a balanced integrative nutrition and wellness program for the R19 ESC Head Start's Nutrition program.



Recommended Menu Modifications

- 1) Use Fresh fruit, not canned.
- 2) Increase servings of organic foods.
- 3) Serve antibiotic and hormone free dairy and meat products.
- 4) Avoid processed foods, such as ketchup, boxed cereals and pastas, and crackers.
- 5) Serve natural wholesome foods for breakfast, such as natural oatmeal, with cinnamon, and raisins.
- 6) Add herbal natural teas, such as chamomile, lavender or mint.
- 7) Add traditional foods, such as squash, potatoes, GMO-free corn, beans, and butternut squash.
- 8) Introduce children to new foods, such as kale, dandelion, egg plant, radishes, plums, and other.
- 9) Serve healthy fresh vegetable and fruit smoothies for snack.
- 10) Instead of crackers serve oatmeal, bananas, freshly baked oatmeal cookies, and amaranth crackers.
- 11) Offer an alternative to milk, such as rice milk, almond milk, cashew milk, rice milk, and Horchata.
- 12) Add more berries to the menu in form of salads and smoothies, such as strawberries, blueberries, and blackberries.
- 13) Add plant based protein foods, such as garbanzo beans, and lentils.
- 14) Offer staff development for the kitchen staff in healthy eating cooking.
- 15) Offer, staff development for the nutrition department staff in integrative nutrition practices.
- 16) Provide additional staff support to better serve the clinical nutritional needs of children.
- 17) Update classroom curriculum to reflect integrative nutrition principles.



Proposed Integrative Nutrition Program

The following are some components recommended to build into an integrative nutrition program:

1) Mindful Eating- mindful eating exercises will create awareness as to where food comes from, and its properties, such as texture, color, smell, and taste. Through exercises and skill development of deep breathing and meditation, appreciation for the essence of natural foods will be achieved.

2) Food and mood connection- creation of awareness regarding the food and mood connection will allow for strategies and skills to prevent and reduce depression, anxiety, and other brain associated disorders.

3) Body Image- reflections on what plays a role in the perception of the perfect body, such as constant exposure to diet conversations, and exposure to media which negatively manipulate images will allow for appreciation of the body as part of the wonderful being that it is, and it will allow for gratitude of not only the body in its physical aspect, but gratitude for mind, and life overall, allowing for a healthy relationship with food and emotions.

3) Field Trips (via web internet, videos or real life)- exposure to local farmers markets, and local community programs promoting healthy eating will expand consciousness to support organic and local food growers and an appreciation for these foods will be promoted. Field trips may be done to real El Paso locations, or may be presented via video in order to expose children to various possibilities in life.

4) Holistic Nutrition Exhibits- in person or online community programs can be invited to provide displays incorporating whole grains, vegetables, fruits, sea foods, herbs, and spices in a creative manner to allow for the appreciation of mother nature and the magnificent science which allows for gentle healing.

5) Environment- participation in a sustainability food program will allow for appreciation and connection with mother nature. Lesson plans will accompany the necessary skills for growing foods, and an appreciation for the magnificence of nature- bees, flowers, herbs, fruits, and vegetables.

6) Integrative Nutrition Cooking Experiences- development of a cooking program incorporating integrative nutrition principles for children, caregiver, and staff.



It Can Be Done...Together... For Them & Us!





Dr. Weil's Anti-inflammatory Food Pyramid

<http://www.drweil.com/drw/u/ART02995/Dr-Weil-Anti-Inflammatory-Food-Pyramid.html>





How To - Jamie's Perfect Winter Smoothie


Jamie Oliver
 Subscribed  2,023,501 353,802
 + Add to  Share  More 👍 2,773 🗨️ 50

<https://youtu.be/hAFMsMQtz14>



Jamie Oliver's principles for superb salads


Jamie Oliver
 Subscribed  2,023,605 738,087
 + Add to  Share  More 👍 7,473 🗨️ 94

<https://youtu.be/-9p31reoSD8>



Ginger Carrot Soup


Vegan Cooking with Love
 Subscribe 31,293 22,943
 + Add to  Share  More 👍 537 🗨️ 3

<https://youtu.be/ObahsPffMOM>



How to Make Garden Fresh Tomato Soup


Allrecipes
 Subscribe 705,287 173,845
 + Add to  Share  More 👍 720 🗨️ 53

<https://youtu.be/qFLonZMgXaY>

EASY
 &
 HEALTHY

 Vegan

 Menu

 Cooking

 Videos



Nutrition Education Handouts - Referrals

Let Nature Be Your Healer! Deja Que la Naturaleza Te Sane!
 Detox - Nourish - Energize With The Rhythm of Your Heart
 Detoxificar - Nutrir - Energetizar Con El Ritmo De Tu Corazon

One Smoothie Per Day / Un Licuado Por Dia

It will help detoxify the body, give more energy, and elevate mood!!!

Ayudara a detoxicar el cuerpo, dar energia, y levantar el animo!!!



1 Cup Spinach, 1/2 banana, 1/2 cup strawberries, 1/2 cup blueberries, water
 1 Taza Espinaca, 1/2 platano, 1/2 taza de fresas, 1/2 taza moras, agua

Let Food
 be your
 Medicine

DEJA QUE TU COMIDA SEA TU MEDICINA

ONE APPLE A DAY FOR A HAPPY FAMILY!



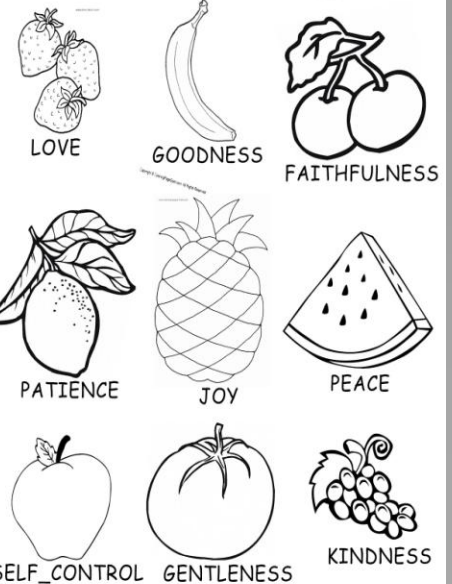
UNA MANZANA AL DIA PARA UNA FAMILIA FELIZ!

Prepared by Adriana Rascon, PhD(C), MS, RDN/LD, CHES Registered/Licensed Dietitian Nutritionist/Certified Health Educator
 Specialist For Region 19 ESC Head Start Program For Educational Purposes Only- November 2015

VEGETABLES/VERDURAS



Fruits of the Spirit



Kitchen's Spirit Tree Group Experience

- Get into groups of 7
- Assign a note taker
- Assign a reporter
- Draw your Kitchen's Spirit Tree
 - List the qualities of your Kitchen's Team





Final Reflection-
What do the following images mean to you? ...



TWO-THIRDS LIFE SIZE
WILD CRAB APPLES
1. BRANZ
2. "TRANSCENDENT"
3. "JOHN DOWNS"
4. "MAGNIFICENT"
5. "GOLDEN HORNET"

SECTIONS x 1
1a Sections of flower and immature fruit

47





Copyright Jean Hall 2006



YOU ARE AN ESSENTIAL PART OF THE HEALING AND NURTURING PROCESS FOR OPTIMUM NUTRITION AND HEALTH!



GRACIAS!!!



Butterflies and Flowers - 1 Hour Nature Meditation with Soothing Music
Mehru Angiel
148,056

<https://youtu.be/AqYNirmVMt0>



Introduction to Mindful Eating by Adriana Rascon PhD(C), MS, RDN/LD, CHES