

MedwellNews

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TRAINING AT THE MEAL

It's time to start training for that Thanksgiving meal so that you enjoy every bite of it. Our goal is to leave the meal without taking that over the edge bite that makes us feel uncomfortable.

We need to train ourselves, by practicing some eating techniques. These strategies will help us to be satisfied with less food which will lead us to enjoy our meals, decrease gastric reflux, and aid in weight loss and chronic disease management.

So let's start by thinking about our fundamental relationship with food. We enjoy food because of the way it tastes; not because we like that uncomfortable feeling of being full.

Let the training begin!

Serve Yourself Less

If it's in front of you, you will eat it. Research indicates that people can eat 20% less food without feeling hungry after the meal. Try these strategies to help you serve yourself less than you usually eat.

- Serve yourself on a medium size plate. When you decrease your plate size, it automatically helps you serve yourself less because there is no room to put more food.

Take Your Time with Your Food

It takes at least 15 to 20 minutes for your stomach to send a message up to your brain that you're satisfied.

- Take small bites. Small bites make the meal last longer. When we take our time with our food we end up being satisfied with less.

RECIPE ♀ THE MONTH



Cranberry Relish

You'll Need

- 2 seedless clementine oranges
- 1 bag cranberries
- 2 tablespoons orange juice
- 1/4 cup brown sugar, or less (to taste)

Directions:

- Get your food processor. Wash your cranberries and clementines. Quarter the clementines and put them in the food processor -- skins and all.
- Pulse the food processor to puree them. Pour in the cranberries and pulse a few more times.
- Pour in orange juice and the brown sugar.
- Chop until it looks like a beautiful-crimson salsa.

WELLNESS NEWS OF THE WEIRD



The National Turkey Federation, reports that 88 percent of Americans have turkey on Thanksgiving.

JUST SAY "NO"

Are you a "food pusher" or do you know one? They are the ones that are always saying, "Have some more," "EAT!" You turn your head to notice another serving on your plate.

Cooking for others is a form of love. If someone wants you to have more food and you are satisfied, explain to them that you enjoyed the food but cannot take one more bite without being overly stuffed and uncomfortable. Then, ask if it would be okay if you took a bit home to enjoy tomorrow. All the cook wants is for you to enjoy the food so packing some up for the next day works too!

So it's ok to tell Auntie Martha "No, thank you," it just has to be done in the right way.

STRESS MANAGEMENT

The holidays can bring upon a disordered schedule but that does not mean we should let it get the best of us.

When our stress levels go unmanaged this increases the production of cortisol. Little amounts of cortisol being produced, is normal and the body can handle it. However, when stress goes unmanaged for extended periods of time, the increase in cortisol production can increase our hunger levels.

Let's Manage the Holiday Stressors:

- Make a list of the things that need to get done.
 - Once you create your list then do some delegating. You do not have to do all the cooking or shopping. Many times, people want to help they just need to be told what to do.
- Focus on not overscheduling. Even though the activities may seem fun doing too much can be a stressor.

ASK WILL

I've always wondered what the difference is between yams and orange sweet potatoes. Any thoughts?

The best way to start off answering this question is to state that they are both healthy root vegetables! In fact, a yam is just one of the many varieties of sweet potatoes.

They do have a very similar nutritional profile. Yams are a bit lower in calories and vitamin A per serving when compared to sweet potatoes. However, this is not a great difference because they are still both a great source of vitamin A. So pick the one you prefer or enjoy them both and you are making a super root veggie choice!



HAVE A QUESTION?

Email him:
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