



## How to begin eating **mindfully**

- 1. Check in.** Become aware of your physiological hunger symptoms. Are you hungry? When did you last eat? Is something else driving your desire to eat, e.g. boredom, stress or habit?
- 2. Eliminate distractions.** Eat at the table without the TV or laptop. Think about removing food cues around you, such as the cookies on the counter or the candy bowl at work.
- 3. Slow down.** You may have a habit of loading your fork while chewing and taking another bite as soon as you swallow; in fact, this rhythm may have become automatic. Place utensils down until you've swallowed and introduce pauses throughout the meal.
- 4. Use your senses.** Identify the color, texture, smell and flavor of your food. Try to be present to experience and enjoy your meal.
- 5. Avoid judgment.** Take a non-judgmental stance to create a healthier relationship with food. Use prior eating experiences to reflect and learn more about your eating patterns.



## Ask the dietitian!



### ***"Can a diet cleanse jump-start my weight loss?"***

Most diet cleanses cause initial weight loss due to fluid loss from very low calorie intake. These diets are not realistic or safe for the long-term and often produce unsustainable weight loss (with quick weight regain). Additionally, **detoxification** is a process that our bodies perform on their own! **Boost your body's natural "detox"** by ensuring adequate hydration, consuming at least 5 fruits and vegetables per day, maximizing fiber intake (vegetables, nuts, seeds, whole grains), having lean protein throughout the day, and trying fermented foods (kefir, yogurt, kimchi) to support gut health.

## Navigating the fall **pumpkin** craze

It's officially **fall**, which means the increasingly trendy pumpkin craze has arrived. From pumpkin spice Oreos to pumpkin ravioli, fall's signature squash seems to have invaded the supermarket. This delicious vegetable is versatile and packs many nutrients, but beware of the pumpkin "health halo."

### ***Pumpkin's health benefits:***

- *Vitamin A – aids vision*
- *Fiber (3g/cup) – increases fullness*
- *Beta-carotene – an antioxidant, may help prevent disease*
- *Vitamin C – important for growth and repair in the body*

### ***Can you spot the added sugars and fats? Limit these high-calorie pumpkin trends:***

Pumpkin spice latte	per 16oz: 380cal, 14g fat, 52g carb, 14g pro
Pumpkin bread	per slice: 410cal, 15g fat, 63g carb, 6g pro
Pumpkin gelato	per ½ cup: 220cal, 11g fat, 30g carb, 3g pro
Pumpkin granola	per ¼ cup: 130cal, 8g fat, 13g carb, 3g pro

### ***Welcome the trend! Embrace your inner fall festivity with:***

- *Pumpkin smoothies*
- *Pumpkin oatmeal*
- *Pumpkin yogurt*
- *Whole wheat pumpkin pancakes*
- *Pumpkin turkey chili*
- *Pumpkin soup*
- *Roasted pumpkin seeds*



### ***Our go-to fall breakfast smoothie:***

#### **Ingredients:**

- ½ cup canned pumpkin
- ½ banana
- ½ cup unsweetened coconut milk
- 1 scoop vanilla protein powder
- ½ tsp vanilla extract
- 1 Tbsp chia seeds
- sprinkle of pumpkin pie spice
- ½ cup ice

**Contains:**  
295 cal  
5g fat  
31g carb  
30g pro  
10g fiber

#### **Directions:**

- Blend all ingredients until pureed
- Pour and enjoy (makes 1 serving)

Call us for more information about scheduling an individual visit with one of our endocrinologists or dietitian, joining our 12-week weight control group, or learning about our meal replacement program.