

EATING FOR MORE ENERGY AND LESS STRESS

Our bodies use _____ separate systems to produce _____: ketones, _____, _____, and the _____ system.

In each _____ of carbohydrates you _____, there are _____ worth of _____.

Due to _____ calorie density (1 gram = ___ calories) _____ is the _____ concentration of _____.

Ketones are the _____ of the body _____ fat or _____ for _____.

Metabolism encompasses all of the _____ which _____ the body to _____ life.

Enzymes contained in _____ fruits and _____ help us convert _____ to usable _____.

To eat mindfully, think to yourself:

1. _____
2. _____
3. _____

Notes:



EATING FOR MORE ENERGY AND LESS STRESS



- **Eat smaller, more frequent meals.** By eating smaller but more frequent meals, you will maintain a steady dose of energy instead of experiencing food comas. Don't snack on fatty or sugar laden junk food though. You may get a short 30-minute burst of alertness, but it'll be quickly followed by a debilitating crash.
- **Get your Vitamin C.** When your body is stressed from emotional or physical stress, your adrenal glands will use up a lot of vitamin C. It's important to replenish C often! Study after study shows the correlation between citric acid deficiency and chronic fatigue. Vitamin C also helps you absorb more nutrients from food.
- **Eat lots of Berries.** Especially berries that are blue, red or purple. The color comes from anthocyanins, a powerful antioxidant, that boosts energy. Any kind of berry will contain tons.
- **Enjoy a cup of Tea.** In a recent study, noted that drinking a cup of tea 4-6 times a day reduces stress hormone levels in your body. The study's results suggest "drinking black tea may speed up recovery from daily stresses in life". Green tea is also great for antioxidants and reducing stress.
- **Eat more soluble fiber.** Soluble fiber is the kind that slows down the rate of absorption of sugars. It evens out your energy levels by preventing a sugar high and crash. Don't worry too much about which kind of fiber you're getting – they're both good for you. Insoluble Fiber: Promotes regular bowel movements, remove toxic waste from the body. Sources: vegetables such as green beans and leafy vegetables, fruit skins, whole wheat, corn bran, seeds & nuts. Soluble Fiber: Bind with fatty acids and help remove from the body before absorbed through intestinal wall, prolong stomach emptying time so that sugar is released and absorbed more slowly. It lowers total and LDL cholesterol and regulates blood sugar. Sources: Oat/oat bran, dried beans and peas, nuts, barley, flax seed, fruits, vegetables like carrots, psyllium husk
- **Get more Ginseng.** Ginseng is well-known to have energy-boosting properties. It is an adaptogen, which means it builds resistance to stress and boosts energy. A ginseng supplement or sipping tea can help improve energy.
- **Have a piece of chocolate.** Not too much! But if you're going to have some candy, it might as well be chocolate. Pick the super dark kind for added antioxidants and less sugar.
- **Don't drink yourself to sleep.** Alcohol keeps your body from entering deep sleep, so even if you get the same hours of sleep, you won't feel as rested. Limit alcohol the hours before bedtime to get the best night's sleep.
- **Eat something small before bed.** Before turning in, a carbohydrate-rich snack can supply serotonin to help you fall asleep, but go easy. Too much food can reduce the quality of sleep. Snack ideas: oatmeal with banana, brown rice cakes, low fat popcorn, small bowl of cereal, piece of toast or English muffin, whole grain crackers or pretzels with hummus.

SUPERFOODS!



20 SUPERFOODS AND THEIR HEALTH BENEFITS!

WHAT ARE SUPERFOODS?

Whole foods that are naturally high in nutrients that provide many health benefits!

- lower total cholesterol
- lower blood pressure
- prevent disease
- reduce inflammation



20 SUPERFOODS

- | | |
|-----------------|--------------|
| 1) Avocados | 11) Turmeric |
| 2) Apples | 12) Paprika |
| 3) Barley | 13) Salmon |
| 4) Berries | 14) Ginger |
| 5) Leafy Greens | 15) Garlic |
| 6) Tuna | 16) Quinoa |
| 7) Beans | 17) Flaxseed |
| 8) Mushrooms | 18) Almonds |
| 9) Walnuts | 19) Herbs |
| 10) Chia Seeds | 20) Lentils |

50 Clean Eating Snacks



It can be difficult to balance a hectic routine with a healthy diet. More often than not most will fall victim to mid-day drowsiness, however, maintaining energy levels throughout the day with nutritious snacks can help. The difficulty lies with the packaged and processed chips, crackers, and fruit snacks piled in an office vending machine that are drenched in refined sugar, sodium, and unnecessary chemicals. So, instead of succumbing to accessible and unhealthy, prepare simple, unprocessed, and nutritious snacks at home to stock up your pantry, desk, or handbag.

1. Apple slices
2. Carrots with avocado dip
3. Sliced veggies with hummus
4. Medium banana
5. Dried fruit chips (with no added sugar)
6. A hard-boiled egg
7. String cheese and grapes
8. Fruit with skinny Nutella
9. Air-Popped Corn
10. Rolled turkey breast
11. Pineapple spears
12. Skinny berry parfait
13. Bell peppers with low-fat ranch dip
14. Fresh fruit popsicle
15. Celery with peanut butter
16. A handful of almonds
17. Sweet potato hummus with whole wheat crackers
18. Garden salad
19. A handful of pumpkin seeds
20. A cup of sliced berries
21. Steamed edamame with sea salt
22. Sweet and spicy pecans
23. A cup of cottage cheese
24. Steel cut oatmeal
25. Peanut butter yogurt dip with fresh fruit
26. A Clementine (cutie) orange
27. Cinnamon honey nuts
28. Banana blueberry bars
29. Peanut butter honey oat bars
30. Red peppers with hummus
31. Homemade trail mix
32. Baked sweet potato fries
33. Quinoa
34. Skinny Mr. Granola
35. Mung bean and kale soup
36. Marinated mushrooms
37. Strawberry banana smoothie
38. Southwestern kale chips
39. Baked onion rings
40. Curry yogurt dip with whole wheat crackers
41. Bell pepper candy
42. Chunked watermelon
43. Sweet potato crunchies
44. Raw broccoli with low fat ranch dip
45. Quinoa protein bars
46. Romaine lettuce wraps
47. A small box of raisins
48. Sliced tomato and feta
49. Greek yogurt with blueberries
50. Superfood smoothie



MINDFUL EATING

Mindful eating is a technique that helps you gain control over your eating habits. It has been shown to result in weight loss and help you feel better. Mindful eating is about using mindfulness to reach a state of full attention to your experiences, cravings and physical cues when eating. Fundamentally, mindful eating involves:

- ✦ Eating slowly and without distraction.
- ✦ Listening to physical hunger cues and eating only until you're full.
- ✦ Distinguishing between actual hunger and non-hunger triggers for eating.
- ✦ Engaging your senses by noticing colors, smells, sounds, textures and tastes.
- ✦ Learning to cope with guilt and anxiety about food.
- ✦ Eating to maintain overall health and well-being.
- ✦ Noticing the effects foods have on your feelings and figure.
- ✦ Appreciating your food.

The art of "mindful eating" is to pay attention to **WHAT** you are feeding your body. Pay attention to how particular foods make you feel physically and emotionally. Asking yourself every time you sit down to eat something or you want to satisfy your "sweet tooth" or salty cravings.

- ✦ How does this food make me feel?
- ✦ Will this food make me experience tiredness, bloating, upset stomach, headaches?
- ✦ Will this food give me energy or take energy away?
- ✦ Will I feel "guilty" after eating this food?
- ✦ Am I really craving this food?
- ✦ Why am I craving this food?
- ✦ When was the last time I had something to eat?