

NEWS RELEASE

For Immediate Release

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Skip the Guilt Trip

The New Year is here, and with it comes our resolutions to eat healthy. But often times, we are too hard on ourselves and end up feeling guilty about the things we eat. Skip the guilt trip this year and instead focus on being a mindful eater.

- **Ask: Is it hunger or something else?** Take a minute to determine if you are actually hungry. Often times, we eat because we are bored, stressed, or some other emotional reason - not because we are hungry.
- **Avoid Oversized Portions.** Serve yourself a portion instead of eating straight from the bag or container, which will tempt you to eat more. If you go out to dinner, share a meal with someone or only eat half and take leftovers home.
- **Limit Distractions.** Make your meals media free (no phone, TV, or electronics). Focus on what you are eating and the people around you.
- **Slow Down and Enjoy Each Bite.** Take time to actually taste what you are eating, and enjoy each bite that you take.
- **Make Healthy Choices using MyPlate as a Guide.** Choose foods each day from all five groups on MyPlate: Fruits, Vegetables, Grains, Protein, and Dairy.

Resolve to be a more mindful eater this year, and don't forget to enjoy your food. For more information about MyPlate, please visit www.choosemyplate.gov/.

Children and adults participating in the **Let's Eat Healthy!** Program are learning about MyPlate and being a mindful eater. For more nutrition or program information, please call (530) 889-7350 or visit our website at <http://ucanr.edu/sites/letseathealthy>.

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