

# DIETITIAN'S DISH SUMMERTIME EDITION

QUARTERLY NEWSLETTER  
VOLUME 1, ISSUE 2



## WELL BEING

As dietitians, we encourage quality living through food and diet choices that provide sustenance and enjoyment. There is also an ingredient of mental health included as part of the recipe for well-being!

During stressful times we recognize the importance of living in the moment with good nutrition combined. Take some deep breaths, sit still, imagine a safe place, relax and drink lots of extra water. These five steps will signal our mind that we are safe. Remember to eat slowly, savoring each bite. Focus on the here and now!

For assistance with mental health during these uncertain times, we encourage follow-up with certified/licensed mental health professionals. Appointment times are available with our Mass General Weight Center psychologists.

In this newsletter you'll find tips for eating mindfully, reducing stress, and boosting your exercise routine. Additionally, you may learn a little bit more about food as medicine!

### IN THIS ISSUE

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**MINDFULNESS AND  
BUILDING A HEALTHY  
ROUTINE**

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**FOOD AS MEDICINE:  
SPICES THAT FIGHT  
INFLAMMATION**

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**SWEET SUMMERTIME  
RECIPES AND GRILLING!**

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**HEALTHFUL GROCERY  
SHOPPING LIST & TIPS**

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## BUILDING A ROUTINE

### *Developing a Pattern That Works For You*

Building a routine will help set you up for success in many ways. Eating at regular times each day can help to avoid overeating or excessive hunger. It may also help you to avoid mindlessly grazing or picking at foods when you are not hungry.

Be prepared and ready for the day! Organize your kitchen space. You may want to brainstorm some ideas for meals that you would like to try during the week.

Take inventory of your current patterns and habits in relationship to eating. Questions to ask yourself: Do I eat at regular times throughout the day? Do I eat slowly? Am I drinking enough water or calorie-free fluids?

**Consider Sleep Hygiene:** Regular sleep patterns can translate to regular diet patterns. Good sleep ensures you are providing yourself the rest needed to fuel yourself the following day. Try getting to bed at regular times and aim for ~7-8 hours of sleep per night. When you do not sleep enough, your body may seek additional energy from food as a result. This may lead to intense cravings (desire for salt, sugar, fat).

Set time aside for sleep as it is important for your overall health!



## 5 AT-HOME WORKOUT IDEAS

- 1.) Have a dance-off with the kids!
- 2.) Check out free 7, 10, 20 minute videos online or see if your gym is offering live sessions
- 3.) Put a timer on and go up and down your stairs for 5 minutes or as tolerated
- 4.) Stretch!
- 5.) Go for a brisk walk outdoors



# A FIVE-STEP GUIDE TO EATING MINDFULLY

Maximize the eating experience!

**Step 1:** Avoid distractions from screens (phone, television, computer, etc). Make meal time for meals!

**Step 2:** Take a look at the food in front of you. Enjoy thoughtfully: notice how the food tastes and feels.

**Step 3:** Take your time. Chew thoroughly. Try to eat slowly, or maybe even put the fork down between bites.

**Step 4:** Once you start to feel full, feel free to stop eating! It's okay to put extra food away and store for later. In fact, this will give your brain time to register that you are starting to feel full.

**Step 5:** Notice how you feel after eating the food and reflect. Did the food taste differently than normal? What did you notice about the flavors and aromas? Did you notice when you started to feel full?

## WHAT IS MINDFUL EATING?

THE PRACTICE OF EATING MINDFULLY MEANS PAYING ATTENTION TO WHAT YOU ARE EATING.

FOOD IS FUEL. HEALTHY CHOICES CAN HELP TO OPTIMIZE ENERGY, MOOD, AND OVERALL WELL-BEING.

THIS TYPE OF REFLECTION AND THOUGHTFULNESS HAS BEEN SHOWN TO HAVE POTENTIAL BENEFITS FOR WEIGHT LOSS.

DURING TIMES OF STRESS, THIS CAN BE A USEFUL PRACTICE TO HELP YOU SLOW DOWN, RELAX, AND REALLY ENJOY MEALS!





## BERRY WATERMELON MINT FRUIT SALAD

### Ingredients

4 cups watermelon, cubed  
1 pint strawberries, hulled and sliced  
1 pint of blueberries  
1 pint raspberries  
½ pint blackberries  
½ cup fresh mint leaves, minced  
Squeeze of fresh lemon or lime juice

**Instructions:** Cut all of the fruit into bite-sizes pieces. Add cut up fruit and minced mint to a large mixing bowl and gently toss and combine together. Top with a squeeze of fresh lemon or lime juice, to taste. Serve chilled.

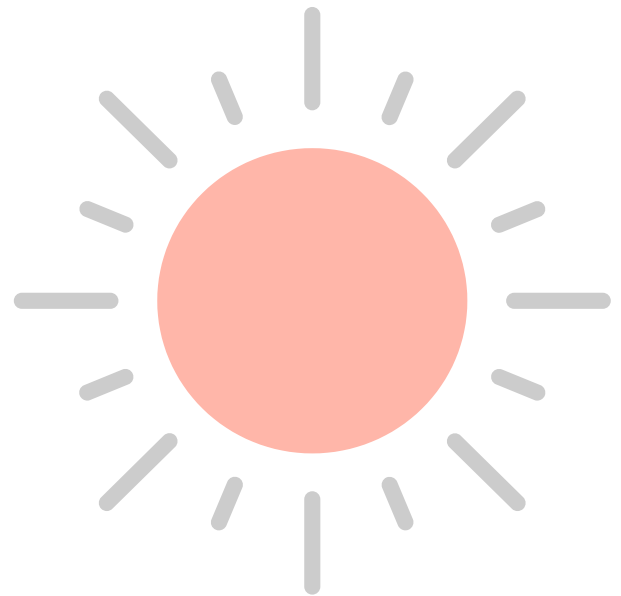
## WAYS TO PREPARE WATERMELON

**Grill it!** Grill some watermelon alongside your veggies. Yes, that's right - watermelon can be grilled!

**Juice it!** Blend it up until smooth in a blender. Strain and drink as a hydrating juice.

**Freeze it!** After juicing your watermelon, add the extra into an ice tray. Freeze the water melon ice and add to a glass of water for an extra boost of flavor!

**Cheese it!** Add feta for a quick watermelon salad.



## SUMMER FOOD HIGHLIGHT: WATERMELON

You can't spell watermelon without water, and the health benefits don't stop at hydration. Watermelon is filled with these 7 nutrients:

Thiamin

Vitamin A

Potassium

Magnesium

Vitamin B6

Phosphorus

Vitamin C



# SPICE OF LIFE

## Boost Your Meals with Antioxidant-Rich Spices

**Antioxidants are compounds that fight against damage to our bodies.**

They reduce inflammation and provide protection.

They may help prevent multiple diseases like heart disease, diabetes and cancer.

**Antioxidants are just like "superhero's" who are there to fight off the bad guys and help keep you healthy!**

### TUMERIC

*May help support arthritis, depression, and brain health. Turmeric may also help with digestion. Make a homemade dressing or marinade, use in a curry, sprinkle on cauliflower, or add to your favorite frittata for some extra kick!*



### BLACK PEPPER

*Black pepper has been shown to increase absorption of other nutrients. Combine black pepper with turmeric, red pepper, or ginger to enhance the antioxidant properties in the body!*



# CINNAMON

*Cinnamon may help fight infections, and may even help repair tissue damage associated with type 2 diabetes. Add cinnamon to oatmeal, cereal, yogurts, or whole wheat toast. Cinnamon is a great way to add a natural sweet taste without any added sugar!*

# RED PEPPER

*"Hot spices" like red pepper, chili pepper, cayenne pepper and paprika, may improve digestion. Add to hummus, chili, eggs, ground turkey or curry! This is the perfect way to add a little kick to your savory dish.*



# GINGER

*Ginger is a tropical plant that can be purchased dried, fresh or as a candy! It has been used for thousands of years to treat nausea, upset stomach and diarrhea. Try making ginger tea as a soothing nighttime routine!*



# GROCERY SHOPPING TIPS DURING QUARANTINE

**Be flexible.** The grocery store may not always have everything that you intend to buy. Try a different vegetable or try some new whole grains.

**Buy fresh, frozen and canned.** With limited trips to the grocery store, keeping up with vegetable and fruit intake may be challenging. Buy fresh produce when possible, but be sure to add frozen and canned to your cart as well.

**Limit highly processed foods.** Try to limit refined processed foods including chips, sodas, juice, cookies, baked goods etc. Set your environment up for success with healthy snacks (see our March newsletter for some healthy snack ideas!)

**Have variety.** There is no single food that is going to significantly boost your immune system. Variety is key. Try your best to eat a variety of fruits, vegetables, nuts, seeds, beans, lean proteins, and whole grains to keep your body well nourished!

## KID-FRIENDLY, NO-BAKE COOKIE DOUGH BITES



### Ingredients:

1 can chickpeas (15 oz), rinsed & peeled  
3 tablespoon natural peanut butter  
4 tablespoon honey  
1 teaspoon vanilla extract  
1/4 teaspoon salt  
1/4 cup dark chocolate chips

### Instructions:

Rinse and peel chickpeas by pinching chickpea; an outer layer will pop off. This will make for some smooth cookie dough! Place all ingredients (except chocolate chips) into a food processor and blend! Once blended into smooth texture, fold in chocolate chips. Roll dough into small bites (~24) and place on cookie sheet. Place bites in freezer for at least 30 minutes and enjoy!

### Nutrition Facts: Serving Size: 2 Bites

115 calories. 4g fat. 1g sat fat, 190mg sodium.  
17g carbohydrates. 2g fiber. 8g sugar. 3g protein.

# LONGER LASTING HEALTHFUL GROCERY GUIDE

**Purchase low sodium and no sugar added items**

## SHELF-STABLE ITEMS

- Canned/packets of tuna, chicken, salmon in water
- Canned/dry black beans, chickpeas, kidney/fava beans
- Canned vegetables
- Canned soups
- Canned tomato sauce
- Chicken, vegetable, bone broth stock
- Fruit cups
- Dried fruit (apricots, prunes, peaches, mango, apple)
- Nuts (pecans, walnuts, almonds, cashews, pistachios, peanuts)
- Nut butters and dehydrated nut powders
- Seeds (chia, flax, hemp hearts, pepitas, sunflower)
- Whey, soy, or pea-based protein powder
- Protein bars
- Grass-fed jerky
- Unsweetened almond milk, flax, cashew, oat, hemp)
- Rolled oats
- High-fiber cereals
- Low sugar granola
- High-protein pancakes mix
- Whole grains (quinoa, farro couscous, freekeh, brown rice)
- Whole grain, lentil, black bean, and chickpea-based pasta
- Olive oil, avocado oil, and canola oil

## PERISHABLE ITEMS

- Greek/Icelandic-style yogurt
- Low-fat milk/non-dairy milk alternatives
- Eggs
- Cottage cheese
- Deli meat (lean cut, nitrate free)
- Chicken/turkey (no skin)
- Lean red meat cuts (filet, loin)
- Lean (85-93%) ground turkey, beef, pork, and chicken
- Fish/seafood (salmon, haddock, cod, shrimp, scallops)
- Tofu/tempeh
- Winter squash, cabbage
- Apple, Citrus fruits
- Onion, garlic

*Any of your favorite fresh fruits/vegetables are fantastic options! The above listed just typically last longer. Remember to wash all produce thoroughly with water before consuming to practice proper food safety!*

## FROZEN ITEMS

- Frozen meat, fish, shellfish
- Frozen Turkey Burgers/Veggie Burgers
- Frozen vegetables
- Frozen fruit

## Grocery Guidelines

**Cereals:** high fiber, low sugar

- >5 grams of fiber
- <7g sugar

**Bread:** 1st ingredient is whole grain

- >3 grams of fiber per slice
- Avoid enriched flour

**Granola:** avoid added sugar

- Check the serving size
- <7g total sugar

**Yogurt:** high protein, low sugar

- Choose greek yogurt
- <10g of sugar

**Nuts:** unsalted, plain

- Avoid candied or salty nuts
- 1/4 cup is a serving

**Nut Butter:** unsalted, unsweetened

- 1-2 ingredients, natural
- Avoid added oils or sugars

**Protein Shakes:**

- 20-30g protein
- <10g sugar

**Dairy/Nut milk:** avoid added sugar

- <5g sugar, skim or low fat
- Soy, almond, cashew, oat milk

**Salad Dressings:** limited saturated fat

- Avoid creamy dressings
- <100 calories per serving

**Frozen Meals:**

- <600mg sodium
- >15g protein, <10g fat

**Pasta:** high fiber, high protein

- Choose whole wheat or bean pastas
- >3g fiber

**Protein Bars:** high protein, low sugar

- >8g protein
- <7g sugar