

# WHAT'S GOOD TO EAT?!

San Francisco Free Clinic  
Nutrition Newsletter  
August 2015



## Nutrition Matters



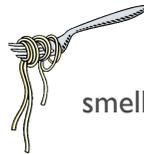
Are you paying attention when you eat? Food is one of the great pleasures of life, yet we often eat on auto-pilot. Automatic eating leads most people to eat more than they really need and make less healthy choices. Mindful eating can help you follow a healthier diet by listening to your body's needs and reconnecting with joyful eating.

Here's a simple exercise to increase your enjoyment of your meals.

- Before you take your first bite, take a breath. Settle into your chair, settle into your body: feel your breath come into and leave your lungs, notice any sensations in your stomach- are you hungry?
- Look at your food: what are you eating? In your mind, name each food on your plate, recognize how it was prepared and who or where it was made.



- Take a fork-full and identify again it feel? Notice the



what is on your fork. Take a bite. How does smell, tastes, and textures of your food.



- After swallowing, tune back into your stomach. How does it feel with the small amount of food inside? Are there any tastes remaining in your mouth?

- Take a breath between bites and continue enjoying your meal, bite by delicious bite.

## News Bites

Too much sugar is making Americans sick. Recent research indicates that high sugar intake increases the aging process and the risk for developing chronic diseases like diabetes, heart disease, and some cancers. The negative health impact of added sugars is seen regardless of having an overall healthy diet and healthy body weight.



turn over for recipe idea!



# What's Fresh



Summer is a peak time for produce- ripe fruits and vegetables are in abundance! **Zucchini** and **summer squashes of all varieties** are an excellent source of nutrients for a healthy metabolism and cardiovascular system.



## —————RECIPE IDEA—————

Try this tasty idea as a substitute for pasta in your favorite recipe:



- Thinly slice squash into ribbons using a vegetable peeler or grater.
- Top with sauce of your choice (either warm or room temp).



- Try fresh chopped tomatoes, olive oil, diced garlic, basil, and red pepper flakes.



- Beans (canned or home cooked) make a filling and heart healthy addition!