

**ALIGNING YOUR FOOD CHOICES TO
SUPPORT SELF-CARE, HEALTH &
WELLNESS**



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It all starts with the everyday

EATING WITH A PURPOSE

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Overview

- 1 Eating Purposefully**
- 2 Personal Eating Principles**
- 3 Mindful Shift**
- 4 Planning Your Plate**
- 5 Joint Support**
- 6 Resilience to Stress**



Eating Purposefully

TO FUEL YOUR BODY & MIND

Think of nutrition as the engine that drives your performance and food is the fuel.

What do you want to accomplish with your meal?

Celebration



Mental Clarity



Energy

Health



PERSONAL EATING PRINCIPLES

**You can eat for a variety
of purposes.**

Nostalgia

Strength



Longevity



Comfort

Enjoyment

Attractive

Tasty

Affordable



Convenient



Social



Nutritious

Sustainable



Aromatic



Cultural

Clean

Mindful Shift

Start with a general awareness of your body and needs.

- appetite regulation
- emotional balance
- healing / recovery
- mental clarity
- physical activity
- quality sleep
- resilience to stress
- _____

If you have more than one pressing need, rank them in order of importance.

Define your Eating Intention

What is your health and wellness priority?

This will become your intention.

What foods will serve the purpose of your intention?

Anti-inflammatory, calming, energizing, something else

What key food values drive your choices?

Together with your purpose, these will form your eating principles to honor your health and taste buds while making you feel better.

Mindful Shift

Track your Eating

Note your eating schedule (times/locations).

Note your food preferences for specific mealtimes.

cold/warm, liquid/solid, bland, savory, sweet

Note how you feel while you are eating and one hour after eating.

Note any changes you wish to make in your food choices.

Eat Mindfully

As you eat, engage your senses.

Notice aroma, food temperature, texture, visual appeal, flavor.

Bring to mind the purpose the food serves towards your body.

Does what you eat support what you value?

This exercise helps to intentionally choose foods rather than satisfy an impulse or what is convenient.

PLANNING YOUR PLATE

Eat a variety
of foods
from the 5
food groups

Dairy
Fruit
Grain
Meat/
Alternative
Vegetable

Grain/
starch

Fist-size
of
protein

At least
two
different
colors
among
plants

At least 3
food groups
for meals

At least 2
food groups
for snacks

Thought Break

Ask Yourself

- ☛ Do my food choices match what matters to me?
- ☛ Are there changes I wish to make?



EATING INTENTION



Joint Support

- ☛ Omega-3 fats for anti-inflammatory
- ☛ Vitamin D foods to help absorb calcium in the diet

Omega-3 Fatty Acids

One of the building blocks of the brain and key components of cell membranes; body can't make adequate amounts so must consume in diet.

Eat omega-3 food sources like salmon, tuna, halibut, flax and chia seeds, spinach, and walnuts. Ask your doctor before taking omega-3 supplements.

JOINT SUPPORT




Omega-3 Fat Strategies

- **Eat 2 to 3 seafood meals a week, up to 12 ounces total of low-mercury fish and shellfish.**
- **Add nuts and seeds to baked goods, cereal, desserts, sauces, salad and stir-fry.**

Vitamin D

- Aids absorption of calcium and phosphorus.
- Necessary for a healthy immune system.
- Deficiency prevalent with low sun exposure.

Naturally occurring in fatty fish, beef liver and small amounts in egg yolk, mushrooms; fortified in cereal,  milk, orange juice.

Vitamin D Strategies

- Eat D-fortified foods/beverages each day for a steady nutrient supply.
- Ask your doctor about taking a vitamin D supplement if you have consistently low sun exposure or do not regularly consume D-fortified products.





RECIPES FOR JOINT SUPPORT



Pumpkin Banana Pancakes



Fish Tacos with Mango Slaw



Mango Yogurt Pops w/Granola



Shrimp Pesto Pizzetta



EATING INTENTION



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Resilience to Stress

- Food sources of B vitamins to offset depletion during stress
- Probiotic food/drink for balance of gut bacteria
- Caffeine moderation to manage stress hormone

Stress depletes B vitamins

Best source of B
vitamins is from
whole foods.

nuts & seeds

almonds
peanuts
hazelnuts
pumpkin seeds
sunflower seeds
walnuts

dark leafy greens

collard greens
mustard greens
romaine lettuce
spinach
turnip greens

animal proteins

salmon
beef
chicken
eggs
tuna
turkey

legumes

black beans
edamame
green peas
lentils
pinto beans

Probiotic Food/Drink

contain live **beneficial bacteria**, when ingested in sufficient amounts, increases the good bacteria in the gut, helping to regulate hormones and resilience to stress.



Probiotic Dairy



Kefir and
yogurt
have live active
cultures

Cheeses with natural probiotics: gouda, cheddar, Swiss, parmesan, mozzarella, cottage cheese

Other Fermented Foods and Beverages

sauerkraut and
some pickles



kimchi, kombucha,
miso, tempeh



Caffeine and Stress



High amounts of caffeine can lead to prolonged elevated cortisol (stress hormone). Too much cortisol affects mood, sleep, and resiliency. Keep caffeine intake under 400 mg per day.



SNACK WITH A PURPOSE

You can incorporate probiotic and vitamin B-rich ingredients into tasty dips and spreads for stress-resilient snacks.



Dairy-based

pimento cheese dip
yogurt dip



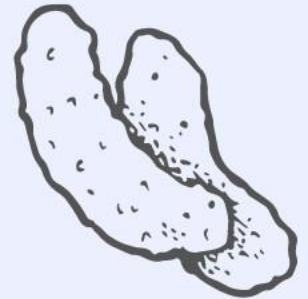
Legume-based

black bean dip
green pea spread
hummus



Nut-based

hazelnut spread
peanut butter dip
seed butter



Vegetable-based

spinach dip
pickle dip



RECIPES FOR RESILIENCE SUPPORT



Chicken Black Bean Quesadilla



Salmon Tzatziki Burger



Ham, Egg, Cheese Sandwich



Choco-Nut Rice Treat



Trail Mix Parfait



Questions



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