Happy National Nutrition Month!!

March is National Nutrition Month, a time to return to the basics of healthful eating. This year, the Academy of Nutrition and Dietetics encourages you to savor the flavor of eating right. How, when, why and where you eat are all just as important as what you eat.

#NationalNutritionMonth
www.eatright.org

Mindful Eating

Have you ever opened a bag of chips while watching TV, started snacking on the chips and before you knew it the whole bag was gone? This is called “mindless” eating. Mindful eating allows you to actually enjoy the food you are eating and helps prevent overeating. Keeping ourselves in tune with our hunger cues and what we are eating is a very healthy habit to get into.

Listen to your hunger cues. Use this hunger scale. Eat when you reach a 3 or 4 and stop eating once you’ve reached a 6 or 7.

What do you want to eat? Do you want something warm? Something cold? Something salty? Something sweet? Take the time to think about what kind of food you want to eat and allow yourself to satisfy the craving and enjoy it. You will feel more satisfied with your food choices when you stay in tune with what your body wants.

Take your time! It takes about 20 minutes for your stomach to signal to your brain you are hungry. Allow yourself that time to enjoy your food and prevent any overeating that may lead you to feeling too full.

For more information, please contact:
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HUNGER SCALE

10 - STUFFED
So full that you feel nauseous

9 - VERY UNCOMFORTABLY FULL
You need to loosen your clothes

8 - UNCOMFORTABLY FULL
You feel bloated

7 - FULL
You feel a little bit uncomfortable

6 - PERFECTLY COMFORTABLE
You feel satisfied.

5 - COMFORTABLE
You’re more/less satisfied, but could eat a little more.

4 - SLIGHTLY UNCOMFORTABLE
You’re just beginning to feel hungry.

3 - UNCOMFORTABLE
Stomach is rumbling.

2 - VERY UNCOMFORTABLE
You feel irritable & can’t concentrate.

1 - WEAK & LIGHT-HEADED
Your stomach acid is churning.
The Truth About Sodium

We all need some sodium in our diets, but too much sodium can lead to high blood pressure which can increase your risk for heart disease and stroke.

2015 Dietary Guidelines recommend limiting sodium intake to less than 2,300mg/day = 1 teaspoon of salt

The average American consumes an average of 3,400mg/day = 1/2 tablespoon of salt 1.5X the recommended amount!

How to cut back on sodium:
• Use herbs and spices to make food more flavorful.
• Read the Nutrition Facts Label for sodium content—purchase foods with the lower sodium content
• Eat a diet rich in fresh fruits and vegetables. If buying canned fruits and vegetables, chose the “no salt added” options
• Limit the amount of processed food you eat.
• Cook from scratch so that way you can control the amount of added salt.

Infused Olive Oils

**Chili Oil**

**Ingredients**
- 2 cups olive oil
- 4 teaspoons dried crushed red pepper flakes

**Preparation**
Combine the oil and crushed red pepper flakes in a heavy small saucepan. Cook over low heat until a thermometer inserted into the oil registers 180 degrees F, about 5 minutes. Remove from heat. Cool to room temperature, about 2 hours. Transfer the oil and pepper flakes to a bottle. Seal the lid. Refrigerate up to 1 month.

http://www.foodnetwork.com/recipes/giada-de-laurentiis/chili-oil-recipe.html

**Rosemary Infused Olive Oil**

**Ingredients**
- 1/2 cup olive oil
- 3 fresh rosemary sprigs (each 5 inches long)

**Preparation**
In small saucepan, combine oil & rosemary. Cook over low heat until a thermometer reaches 180 F, about 5 minutes. Remove and let cool to room temp. Transfer the sprigs to a bottle, then add the oil. Seal and refrigerate up to 1 month.

http://www.epicurious.com/recipes/member/views/ROSEMARY-INFUSED-OLIVE-OIL-GIADA-DE-LAURENTIIS-1212214