



March 2018

## SUPERMARKET MINDFULNESS

It's one thing to practice mindfulness when you're sitting down enjoying a quiet dinner in your own home. It's quite another to try to be mindful when you're out running errands. Yet your once or twice weekly trip to the supermarket can be an opportunity to further support your mindful eating efforts. It's all part of nourishing yourself and nourishing your family. Here's how to become a more mindful shopper.

- 1. DON'T LEAVE HOME WITHOUT A LIST.** Whether it's on paper or in the Cloud, mindful grocery shopping must be grounded with a list. Knowing what you need can help you avoid distractions while in the store. Plus, there's nothing more annoying than arriving back home after a trip to the grocery store only to realize you forgot to buy the garlic for that Chicken with 40 Cloves of Garlic recipe.
- 2. LET GO OF NEGATIVE THOUGHTS AS YOU WALK INTO THE STORE.** Even if it's a Saturday and the store is packed. Even if this is the 26th time you've gone grocery shopping this year (and it's only March), give yourself the chance to start fresh.
- 3. ALLOW YOUR SENSES TO OPEN UP IN THE PRODUCE DEPARTMENT.** It's not by chance that nearly every supermarket puts their most attractive, colorful, fragrant and tempting wares near the entrance to the store. Take a moment to take it all in. Be mindful of the season, too. In-season produce is likely to offer the best value and flavor. Be curious: Ask the produce manager for advice on how to judge ripeness and freshness of a fruit or vegetable that's new to you.
- 4. STICK TO THE STORE'S PERIMETER FOR THE HEALTHIEST CHOICES.** Generally, basic ingredients like meats, seafood and dairy foods line the edges of the store, and it's the packaged or boxed foods that fill the aisles.
- 5. BE MINDFUL OF UNIT PRICE.** The biggest, flashiest display doesn't always offer the best value.

## QUICKTAKES



### MINDFUL EATING

Being mindful means being in the moment. When you are in the moment, you are aware of what's going on around you, as well as how you're feeling physically and emotionally. So, when you're eating, being mindful means that you are eating because you're hungry and not because you're bored or stressed. You are eating to nourish your body and keep it healthy. It means that you notice the color, texture and aroma of your food. You pay attention to the flavor and savor every bite.

When you're being mindful, you become aware of your body's signals. Eating when you're hungry and not just because you're bored or stressed may help reduce the amount of calories you eat. Noticing if you really enjoy what you're eating may help you make better food choices.

To practice mindful eating, turn off the TV, put your phone down and just eat without distractions. Enjoy the color, scent, texture and flavor of each bite. Chew slowly and thoroughly before moving on to the next bite. Notice how your body feels as you eat. This way, you're less likely to overeat. When you're no longer hungry, stop eating.

**6. HOUSE BRANDS ARE HAPPENING.** ZenHen brand (our fictional store name) doesn't have to spend money advertising its chips, pasta, crackers, salsas, etc. to attract a national market, so they can pass the savings on to you. Stores use their brands to build loyalty, so quality tends to be high.

**7. DON'T LET YOUR MINDFUL SHOPPING PRACTICE UNRAVEL INTO MINDLESS CHOICES** when passing by the ice cream case. Or cookie aisle. We're wired to seek out pleasure and deliciousness. Take a couple slow deep breaths and roll on by.

**8. REVIEW YOUR LIST AND RELAX IN THE LINE.** We don't know of any practice or mantra that will make a long line at the supermarket checkout go any faster. A deep breath comes in handy here. Enjoy the tabloid headlines and avoid the candy bars.

Sources:

Healthline, Mindful Eating 101 – A Beginner's Guide, 1/15/16, Accessed 11/27/2017 <https://www.healthline.com/nutrition/mindful-eating-guide>

### 6 Spring Produce Favorites

Smart shoppers know what to watch for in the produce aisle. Spring's longer days and warming weather bring these fresh fruits and veggies to your supermarket.

**Asparagus** The most tender stalks are apple green with purple tips. Steam or roast and sprinkle with balsamic vinegar.

**Kale** Toss baby kale with a teaspoonful of tahini and a tablespoon of good olive oil. Yum!

**Pea Shoots** Trim any tough stems. Stir the tender shoots into hot soup just before serving.

**Rhubarb** Slice, sprinkle with brown sugar and roast in a moderate oven. Serve with a spoonful of lemon yogurt.

**Strawberries** The smaller the tastier. Rinse and eat straight from the box.

**Swiss Chard** Cook the greens like spinach; slice the stems and sauté, adding a few currants or raisins to temper the bitterness.

## STRAWBERRY-BUTTERMILK FREEZE

MAKES ABOUT 3 CUPS, FOR 4 SERVINGS

### INGREDIENTS

- 2 pints fresh strawberries (about 1 generous pound), hulled and sliced in half
- 1/3 cup superfine sugar
- 2 tablespoons strawberry jam or red currant jelly
- 1/2 cup nonfat buttermilk or plain yogurt
- 1 tablespoon fresh lemon juice

### DIRECTIONS

1. In a food processor, quickly pulse strawberries, sugar and jam. When roughly chopped, add buttermilk or yogurt and lemon juice and pulse to blend. Spread the strawberry mixture in a shallow pan and freeze for 1 hour.
2. Transfer the frozen strawberry mixture back to the food processor and pulse briefly to soften. Spoon into small bowls and serve.



### NUTRITIONAL INFORMATION

150 Calories  
2 g Protein  
0 g Fat  
38 g Carbohydrate  
3 g Fiber  
25 mg Sodium