

The Moon Gardens Messenger

Cultivating creative ways to care for others, ourselves, and the environment.

Food Choices in 3's

First things first, it's good to keep in mind what's in our control and what we can do to keep ourselves caring for everyday health. Simple health behavior changes can make a lasting difference.

Here are some suggestions to help us make some changes to last a lifetime. We call it, "**Behavior Change in 3's**". These are great first steps in caring for everyday health.

Food Choices

Read your food labels. Start by limiting these **3** fake ingredients:

- High fructose corn syrup
- All partially hydrogenated oils
- Aspartame

After you've removed these 3 fake ingredients try to limit **3** more:

- Food dyes (examples: Red 40 Yellow Lake 5)
- Sucralose
- BHT

Focus on at least **3** servings of vegetables a day.

- Make vegetables the building blocks of your meals.
- 2 servings of the same veggie at a meal works.
- Enjoy them steamed, raw, sautéed or roasted.

Every bit of movement counts!

Brush-a, Brush-a, Brush-a! When brushing your teeth do squats or calf-raises.

Portion Control in 3's

Take **3** seconds between bites.

Allow yourself to eat slow enough to spend at least 15 minutes at your meal.

Focus on **3** meals a day

Become mindful of eating practices; and focus on reducing mindless snacking.

Realize it's ok to feel hungry; and be aware of how long you have to till the next meal. Feeling hungry for ½ hour is not going to harm you. It is ok to feel this and it will make you appreciate mealtime a lot more.

When eating at a buffet it is all about choices. We can try a little bit of everything, but try to have no more than **3** foods in front of you at one time.

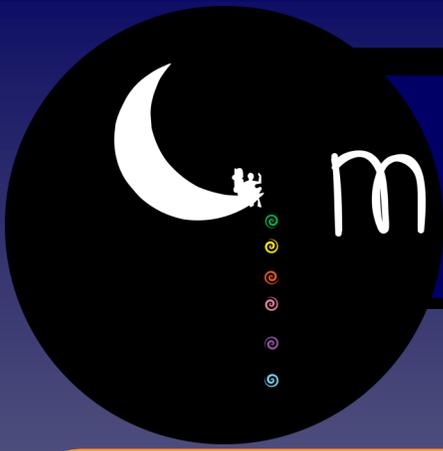
Enjoy what you have in front of you, and then make another trip to the buffet. Coursing out your meal helps to create a slower eating pace.

Enjoy dessert **3** times a week—Use this as a guide.

Desserts are not something we have with every meal, but it also should not be something we deprive ourselves of. It goes back to enjoying food in the proper context and creating balance.

"Borrow money from a pessimist - they don't expect it back."

~ Oscar Wilde



Make it Happen!

Read food labels, and let go of artificial food dyes.

Pass on treats in the break room, and be mindful of treats for your children.

Still have the treats, but choose the ones free of artificial food dyes.

Travel Through Taste

Egg Salad

Give this Middle Eastern version of an egg salad a try.

Ingredients

- As many hard boiled eggs as you would like
- Lemon juice
- Olive oil
- Salt
- Pepper

Directions

- With a fork, mash the eggs.
- Mix in lemon juice, olive oil, salt, and pepper to the ratio of your liking.

Get Creative in the Kitchen

- Add some diced onion.
- Add in some chives.

Sweets are OK

Sweet treats can be scrumptious! It's kind of hard to argue with that. And sweet treats can be part of a balanced diet too! It all starts with placing foods in their proper context.

One way to start this off is by sticking with the real deal.

A 14-ounce package of Skittles does not contain one real ingredient. However, it does contain the amount of sugar needed make a dozen peanut butter cookies! Um, do I hear a YIKES?!?!



We do not need to give up treat foods, but what we need to do is make different choices.

Let's start here... when choosing sweet treats choose ones that are made with a sensible amount of sugar and uses all real ingredients. You might be pleasantly surprised that by just starting here you'll notice your sugar cravings come down.

In addition when you commit to only enjoying the real deal, you'll cut out a lot of mindless munching as you pass on the fake to create balance with the real.

Mahalo!

If you're interested in hosting a wellness workshop please visit our website for more information.