

# Healthy Eating – Q&A

- **Q: You mentioned mindful eating. What is this and how does one practice mindful eating?**
- A: Mindful eating involves paying attention to your body's signals (hunger and fullness) to let your body tell you when to eat and when to stop eating. There are a bunch of good mindful eating strategies that people use to accomplish this and some of them include:
  - Using a mental range from 1-10 (with 1 being extremely hungry and 10 being extremely full) to try not to get too hungry or too full. You want to eat when you're about a 3 or 4 and stop when you're about a 6 or 7.
  - Avoiding distractions when eating in order to pay attention to your food, get full enjoyment from the 1st helping, and be able to sense where you are on the 1-10 scale
  - Plating your food
  - Eating at a table
  - Using a half-time to check-in with your hunger and fullness level. These are just a few mindful eating strategies you might try.
- **Q: In oz. you discussed the amount of the protein group we're to shoot for, but what about a recommendation for protein from all food groups, including meat, dairy, etc.?**
- A: The recommended dietary allowance for total protein per day is about .4 grams of protein per pound of body weight. So for a 200 pound man, that would be about 80 grams of protein per day. If you're wondering how much protein is in a oz. of meat, it's about 7 grams per oz. So the 5-6 oz. of protein/meat that is recommended per day by MyPlate equates to about 35-42 g of protein from just meat. But remember, you've also got protein in dairy, some grains, some vegetables, etc. If you're trying to lose weight or if you're trying to building muscle, these are just 2 exceptions to the RDA of .4 g of protein per lb. body weight. With these 2 exceptions and a few others, you'd want to take in more than the .4 I just mentioned. But be aware that the maximum recommendation even for someone very active and doing a lot of strength training is about 1g of protein per pound body weight. Exceeding this is not necessary or recommended.
- **Q: Aside from what you've already mentioned, what are some additional portion control strategies?**
- A: My top restaurant portion control strategy is to order a doggie bag be delivered with your entrée and put anything you think is above and beyond the call of duty in the to-go box before you start to eat your meal. My top snacking strategy is to buy your snacks in single serving sizes. No more big gallon containers of ice cream. Instead try something like a skinny cow ice cream pop. This is a name brand that's available at most grocery stores, is usually low fat, and is always individually wrapped for an easy portion control decision.