

Stress-Free Eating

EAT MORE BRIGHTLY colored fruits and vegetables. Choose green, orange, purple and red produce.	At least 3-5 servings a day ensures an abundant supply of stress-fighting antioxidants
CHOOSE WHOLE Grains instead of refined or simple carbohydrates	A rich source of complex carbohydrates will provide immediate and long-lasting energy
DRINK no more than one cup of caffeinated coffee a day	Helps limit caffeine intake and prevents dehydration
DRINK no more than one glass of wine or a beer per day (for women) and two for men	Drinking alcohol deletes the body of the vital B vitamins, acts as a diuretic & prevents deep sleep
HYDRATE with healthy beverages	Choose water, herbal teas, sugar-free juices, smoothies and shakes
DON'T RESTRICT carbohydrates	Restricting carbohydrates may lead to an imbalance of serotonin, which can cause higher levels of anxiety, depression, fatigue, and mood swings.

Resources:

- www.advocatehealthcare.com
- www.cchs.net
- www.webmd.com
- **Food & Mood**, 2nd Ed. Elizabeth Somer, MA, RD. Henry Holt & Company, NY, 1999
- **Dietary Guidelines for Americans**
- **Snack Attack: Know what foods to choose when hunger strikes**, www.mayoclinic.com
- www.webmd.com "Bulking up breakfast," Elizabeth Somer, MA, RD.
- www.nih.gov



OUR MISSION WITH STOP HUNGER

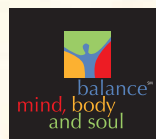
Stop Hunger Where It Starts

Since 1999, the Sodexho Foundation has been committed to being a driving and creative force that contributes to a hunger-free nation.

In order to eliminate hunger that affects 35 million people in the U.S., we must fight its root causes. The Sodexho Foundation supports innovative programs to help children and families who are battling problems like poverty, unemployment, lack of education, and food insecurity.

From nutrition programs for children, to job training for adults, the Foundation supports hunger-related initiatives on the local, state, and national levels.

www.helpstophunger.org

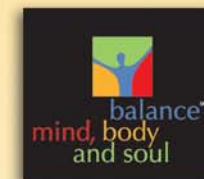


Balance Mind Body Soulsm is a holistic or integrated approach to wellness and fitness that considers the whole person. Fitness and wellness are a balance of lifestyle choices and events—physical, mental, and environmental. Wellness is unique to each individual. Knowledge is key. It may be easier than you thought. Experiencing new things—a sport you haven't done before, a food you haven't tried, a new idea you never thought about, or a creative way of approaching a problem like stress—may also help you to balance and define your wellness goals.

www.balancemindbodysoul.com



10% Total Recovered Fiber/All Post-Consumer Fiber



FOOD and Your MOOD

Choosing Wisely Can Help You **PERK-UP** or **CHILL-OUT**



balance
mind, body
and soul

Food & Your Mood: Choosing wisely can help you perk-up or chill-out.

Did you know that certain foods may affect your energy level, mood, and ability to concentrate? Food and mood research suggests that the foods we choose may influence behavior and emotional well-being.

Hungry or not, I want food!

Your body uses substances in certain foods to make chemicals (neurotransmitters) that control mental function. Sometimes we eat because our body needs fuel, but other times we crave a particular food because it makes us feel good.



Choose your mood with your food

TO CALM YOURSELF & RELAX, EAT CARBOHYDRATES.

- If you think carbohydrates are bad for you, consider this: carbohydrates stimulate the release of serotonin, a brain chemical that helps reduce pain, decrease appetite and calm nerves. Be careful, though—eating too many carbohydrates may also put you to sleep!
- Healthy carbohydrates include fruits, vegetables, and whole grain breads, pasta and cereals.
- Other carbohydrates like cake, pie, candy and ice cream are high in simple sugars that will cause peaks and valleys in energy level. If you crave this type of snack, eat a small portion and don't give in to temptation too often.

- To boost your brain power, choose lean proteins. Protein-rich foods help your body produce epinephrine, norepinephrine and dopamine—brain chemicals that boost mental alertness, thinking and memory. Why lean protein? Fats slow digestion delaying the benefits.
- Lean protein-rich choices include: fish, poultry without skin, eggs and lean cuts of meat. Nonfat milk, low fat yogurt and cheese, and legumes (beans and peas) are other good lean protein choices.

WHEN YOU FEEL SLUGGISH...

- Low energy and sluggishness can be a sign of other problems. Consult your physician if the problem is ongoing.
- Large meals can make you feel lethargic for up to six hours after eating.
- Eat breakfast! Breakfast provides glucose to get your body and brain ready to concentrate and perform. A good breakfast has carbohydrates. Include a whole grain such as cereal or whole grain toast or bagel. Fruit gives quick fuel to help you perform and think better. Proteins—milk, yogurt or an egg—get you through the mid-morning slump and avoid “crankiness.”



- Eat iron-rich foods such as lean meats and fortified breads and cereals. To increase absorption from non-meat sources, eat fruits and vegetables rich in vitamin C with your meals.
- Plan one or two healthy snacks during the day like air popped popcorn, a piece of fresh fruit, or protein such as nonfat yogurt.

DRINK IT ALL IN: WATCH YOUR FLUIDS

- Drink water throughout the day. Every cell in your body depends on water to function. Drinking enough water helps keeps your energy level up.
- While caffeine may help you focus for a short time, it may leave you feeling jittery or drained or both.
- Other good choices include herbal teas and seltzer mixed with a little juice.



ARE YOU AFRAID TO BE ALONE WITH YOUR REFRIGERATOR?

If you crave foods with empty calories, substitute a healthier alternative.

- Do you scream for ice cream? Try freezing peeled bananas, mangos or strawberries. Once frozen, put them into a blender to create an almost fat-free sorbet. Frozen grapes taste good straight from the freezer.
- If you need something crunchy and carrot sticks won't do, try pretzels or air-popped or low fat microwave popcorn, or a few reduced fat chips with salsa.
- When nothing but chocolate will do, give in and forget the guilt. The best way to satisfy a food craving is to eat what you crave in moderation. Consistently denying yourself can lead to bingeing and frustration. Instead have a reasonable portion and enjoy!