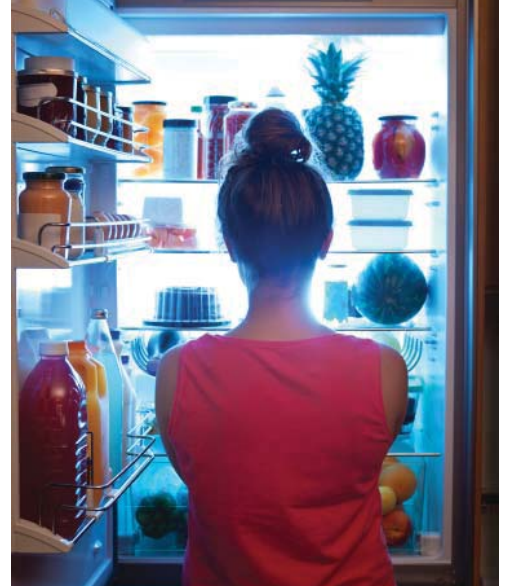




Try These Tips to Banish “Mindless” Eating

Many people set goals to eat better or lose weight starting on Jan. 1 only to give up on those goals by February. Did you know you can make some simple changes to reach your goals more easily?

Researchers are studying “mindful eating.” People who eat mindfully focus on what is going on at the moment. They are more aware of their eating habits and the food environment. While eating more mindfully takes practice, we can make simple changes to cut down on “mindless” eating. Consider some potential updates to your home and work environment.



Make Nutritious Snack Choices the “Easy Choice”

Research from Cornell University shows that people who have candy bowls at least 6 feet away from their desks eat 110 fewer calories than those who have candy bowls within reach. If we see healthful food first, we will eat more healthful food.

- **Keep whole fruit such as apples, oranges or bananas in your “candy bowl” at work.**
- **Measure out a single portion.** Leave the bag or box of snacks out of sight to prevent “overgrazing.”
- **Arrange your refrigerator for smart snacking.** Place part-skim string cheese, low-fat yogurt, cut-up vegetables and fruit in your refrigerator to grab for snacks. Consider placing them in grab-and-go bags.
- **Conquer clutter!** In cluttered environments, people tend to eat 44 percent more snacks than those in clutter-free environments.



Location, Location, Location!

- **Consider where you serve food.** During dinner, keep fruits and vegetables on the dinner table. Serve the main course from pans, pots or serving bowls in the kitchen.
- **Arrange your cupboards to inspire healthful menus.** Place staples such as brown rice and canned beans at eye level in front.

Size Up Your Servings

- **If you buy items “in bulk,” divide food into smaller portions.** When we buy larger-sized packages of food, we eat half of what we bring home within the first six days.
- **Use a smaller plate or bowl.** If the (smaller) bowl looks full, you still can feel satisfied. We tend to eat 51 percent more ice cream if we eat with bigger spoons and bowls.

Turn off Electronics (TV, Phones, Tablets) During Mealtime

- **Avoid multitasking while you eat.** You may eat far more food than you plan if you are multitasking. Pay attention and enjoy your food.

This program is funded in part by USDA’s Supplemental Nutrition Assistance Program. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more contact your county Social Services office or call 1-800-755-2716.

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Potatoes are inexpensive, potassium-rich foods. If you eat the skin, you also get fiber.

Rosemary Roasted Potatoes

- 1 pound small red potatoes (about 12 small potatoes)
- 2 Tbsp. olive oil or canola oil
- ½ tsp. crushed, dried rosemary
- ½ tsp. salt



Menu Idea:
Mixed greens salad,
Rosemary Roasted Potatoes,
meat loaf, baked apples

Preheat oven to 400 F. Wash potatoes thoroughly. Cut in half. Arrange in shallow pan. Drizzle with olive oil and turn to coat well. Sprinkle with rosemary and salt. Stir to mix well. Bake uncovered, stirring occasionally, until tender (25 to 35 minutes).

Makes four servings. Each serving has 140 calories, 7 grams (g) fat, 3 g protein, 20 g carbohydrate, 2 g fiber and 290 milligrams sodium.

Note: Use about three times the amount of fresh herbs to replace dried herbs. In this case, you would need to use about 1½ teaspoons of chopped fresh rosemary to substitute for dried.

FoodWi\$e Tip of the Month

Try Indoor Herb Gardening

At this time of year, many of us enjoy seeing something green growing in our homes. How about trying indoor herb gardening? Parsley, chives, thyme, oregano, rosemary and basil grow well indoors and do not become very tall. Try using herbs to add flavor without sodium. Consuming less sodium is key to heart health.

You can purchase small herb plants at some greenhouses or use seed. Plant in 4-inch pots filled with well-draining potting soil. Place the pots in trays to catch excess water. Place the pots in a windowsill where the herbs get several hours of sunlight. Treat them like houseplants and water them at least twice a week or as needed. Some herb plants grow better with the use of a commercial fertilizer mixed according to package directions.

For more information about herbs, see "From Garden to Table: Harvesting Herbs for Healthy Eating. It's available at www.ag.ndsu.edu/publications. Look for "H1267" in the search box.

I have heard that potassium is important for heart health. Why is it needed and what foods contain it?

Potassium has many jobs in our body. It helps our heart beat, our muscles move and our nerves fire. Having enough potassium in our diet may keep our blood pressure at a healthy level. In fact, by cutting back on sodium in our diet and increasing potassium-rich foods, we may protect ourselves from stroke. However, do not take a potassium supplement unless your health-care provider recommends it.

To get enough potassium, aim to fill half your plate with fruits and vegetables and have plenty of low-fat dairy as recommended by MyPlate. Some of the best sources of potassium are sweet potatoes, tomatoes, beans (pinto, lima, kidney), split peas, yogurt, potatoes, bananas, oranges, orange juice, strawberries, raisins, dates, spinach and milk.



Did you know February is American Heart Month?

Visit www.ndsu.edu/boomers for more information about heart health. See how you score on the 10-question quiz.

Julie Garden-Robinson, Food and Nutrition Specialist

Contact the local office of the NDSU Extension Service for more information on food and nutrition or managing your food dollar.

