

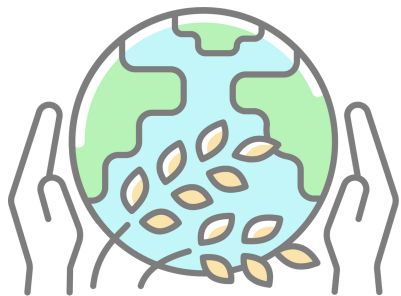
MINDFUL & INTUITIVE EATING

Mindfulness is giving attention to the here and now, using all senses to take in only what is going on in the present moment.

Mindful eating is taking this concept of awareness of the present moment and applying it to food. This means practicing awareness before, during, and after eating to fully experience the full meal.

The benefits of mindful eating can include better digestion. By chewing food thoroughly, your digestive system will be able to improve digestion compared to chewing only a few times and swallowing.

SOURCE: NIH, AHA, CIOCA



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ADULT & LONG TERM CARE
SERVICES

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**IN CASE OF A LIFE THREATENING
EMERGENCY - CALL 911**

PORTION SIZES AND HUNGER CUES

APRIL 2023



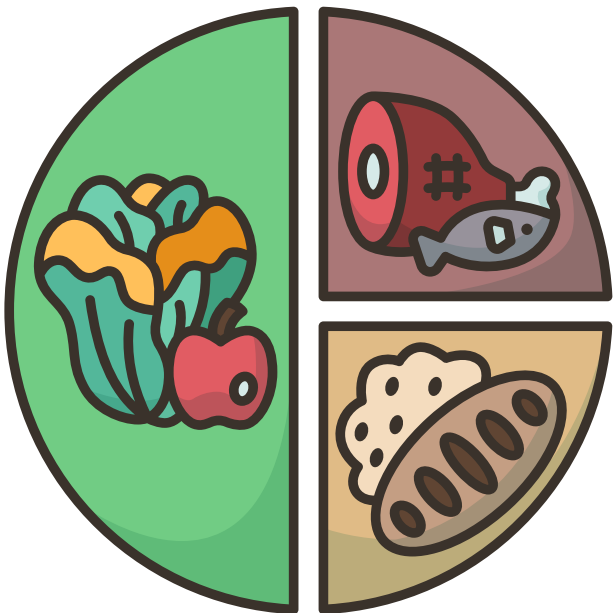
PORTION SIZES

Eating the proper amount of food is very important to ensure you are getting the appropriate levels of vitamins and minerals in your diet.

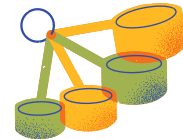
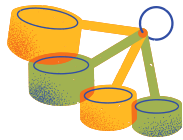
Following portion sizes will also help you limit fats, added sugar, and sodium.

Moderation is a very important term when referencing portion sizes. Often you will hear that anything is okay in moderation, and that is true.

You would not want to eat 100 cheese burgers as much as you would not want to eat 100 bananas!



HOW MUCH SHOULD I EAT?



You may be wondering if portion sizes are so important, how much should I be eating?

The answer to this question is different for each person. Some individuals have health issues that require them to eat specific diets. Below are general recommendations for individuals over the age of 60 based on a 2,000 calorie diet. However, you should always consult your doctor with individual concerns.



2.5 cups of vegetables



2 cups of fruit



6 ounces of grains



3 cups of dairy



5.5 ounces of protein

HUNGER CUES

It is hard to know when you are truly feeling full, which is why overeating is common.

Try some of these tips to learn when your stomach is telling you "I'm full!"

1. Eat slowly, and try to put down your utensils in between bites.
2. Before taking seconds, ask yourself, "Am I still hungry?"
3. Remind yourself that you do not have to finish everything on your plate. There are many ways to enjoy leftovers.
4. Try to stay focused on your meal and how it tastes rather than watching TV or playing a game.

