



Official Newsletter of WIC Worksite Wellness

INTUITIVE EATING

Ana Hernandez & Lauren Yowell, B.S.

Have you ever had a negative relationship with food? This is a common challenge that many people face daily, however, intuitive eating can help individuals combat this issue without excluding their favorite foods. Intuitive eating is learning how to be in sync with your body to recognize whether you're hungry or satisfied. (1) This idea focuses on a positive approach towards food instead of stressing about diets and nutritional content. (2) It encourages a person to not categorize certain foods as "good or bad," but to welcome food as a nourishment for our bodies for a well-balanced lifestyle.

Here are ways to practice intuitive eating:

- Check in with your body for signs of hunger or fullness.
- Make peace with food by giving yourself permission to eat (3). If you feel hungry, you should eat without fear or guilt.
- Do not restrict foods. Enjoy all foods without limitations.
- Choose foods that make you feel good. (2) Ask yourself what are you craving to eat. It does not have to be healthy.

For more information on intuitive eating, check out this [reading activity](#).



EMOTIONAL EATING

Sherry Dinh & Pedro Guzman

Emotional eating is eating more to seek comfort in stressful or difficult situations. This habit can negatively affect individuals physically and emotionally. (4)

With the upcoming holidays, here are some tips to stay mindful while enjoying your favorite foods:

- Allow time to reflect before eating. This will help identify triggers that are associated to emotional eating, e.g., boredom or social pressure. (6)
 - Here's an [activity](#) to help with your reflection.
- Opt for more enjoyable activities and hobbies to avoid stress eating.
- Eat healthy snacks in between meals to satisfy cravings. (6)
 - Click [here](#) to learn how to make healthy snacks
- Keep a food diary and write down how you feel when eating certain foods to help identify your behavioral patterns. (6)
 - Click [here](#) for an example.

BAKED OATMEAL BARS

Dannie Haber, B.A., CPT, Carla Corrales, & Samantha Camacho



During this fall season, comforting snacks are a must. Baked oatmeal bars are nutritious, filling, and perfect for any time of the day. With minimal ingredients, you can create a snack that is filled with fiber from flax seeds. They are delicious enough to share with your friends and family!

Prep time: **10 min** Cook Time: **30 min** Servings: **12**

Ingredients (7)

Oatmeal Bar

- 2 cups rolled oats
- 2 tablespoon ground flax seeds
- 2 large eggs
- 1 ½ cups almond milk
- ¾ cup peanut butter
- 1 ½ cups frozen raspberries

Crumbling Top

- ¼ cup rolled oats
- 1 tablespoon peanut butter
- 2 tablespoon chopped peanuts

Instructions

1. Preheat the oven to 350° F and line a square 8"x 8" baking dish with parchment paper.
2. Mix the dry ingredients (oats and ground flax seed) and then combine the wet ingredients (eggs, milk, and peanut butter) to the mixture. Stir well.
3. Using your hands, press the oat mixture into the baking dish and add the frozen raspberries evenly over the top.
4. In a smaller bowl, stir together the crumble toppings (oats, nut butter, and chopped peanuts). Sprinkle the toppings over the raspberries and press down with your hands.
5. Bake for 25-30 minutes, let it cool, and then cut into 12 bars.
6. Store bars in the refrigerator.

WHY TRY IT?

Baked oatmeal bars are simple snacks that provide an abundant amount of healthy fats, proteins, carbohydrates, and fiber. They also contain no cholesterol and added sugars . Compared to other store brand bars, they are cost effective and contain more natural ingredients.

Price Comparison (8,9):

Price	Baked Oatmeal Bars	Walmart (CLIF Kid Zbar Organic Iced Oatmeal Cookie Bar)	Target (Nature Valley Soft Baked Oatmeal Bars)
Price per bar	\$0.34	\$1.27	\$0.43
Price per box (12 count)	\$4.14	\$15.24	\$5.19

Nutrition Facts

Per Serving (7)

Calories	210
Total Fat	11.4g
Saturated Fat	2.4g
Cholesterol	0mg
Sodium	99.9mg
Total Carbohydrates	18.4g
Dietary Fiber	4.1g
Sugars	4.3g
Protein	8.07g

AWARENESS RESOURCES

Bruna Honorio & Rachel Jensen, MS, CPT

Peace With Food



The app **Peace with Food** was created by Amy Carlson, RD, and Megan Osborne, Ph.D. This app helps recognize signals of fullness or hunger. It also reminds you to check in before meals, encouraging you to be present of your food to enjoy it.

Download the app or visit their webpage to learn more! (10)

Journaling



Whether you are an emotional eater or trying the intuitive eating approach, journaling can help you better process emotions and thoughts. If you'd like to start but don't know how, here's a resource to guide you through mindful journaling.

Watch this quick [YouTube video](#) to learn how to increase awareness this fall. (11)

WE NEED YOUR FEEDBACK

We are planning the 2022 wellness challenges and content for the W3 (WIC Worksite Wellness) Newsletter and need your input. Please take a moment to complete this [SURVEY](#). The W3 team greatly appreciates your assistance!



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JOIN US FOR UPCOMING WELLNESS WEDNESDAY EVENTS:

11/03/2021 12:30-1:00 PM, RACHELVAN COTT, **YOGA NIDRA GUIDED MEDITATION FOR STRESS REDUCTION AND BALANCE.** THIS WILL BE A SHORT GUIDED MEDITATION INCLUDING A GENTLE BREATHING PRACTICE, TO HELP REDUCE STRESS AND RESTORE BALANCE TO THE BODY AND MIND. **REGISTER HERE:**

[HTTPS://US02WEB.ZOOM.US/MEETING/REGISTER/TZWPD--SRJKVETEFM0MDDBJ4SJGDZICZAMTK](https://us02web.zoom.us/join/zoom-join?secret=SRJKVETEFM0MDDBJ4SJGDZICZAMTK)

11/10/2021 12:00-1:00 PM, TONY GRYFFIN, **PORTABLE PEACE PRACTICES SESSION FOUR: TAI CHI FOR PAIN AND INFLAMMATION.** ONE OF THE MOST CITED BENEFITS OF TAI CHI IN THE SCIENTIFIC LITERATURE IS FOR PAIN AND INFLAMMATION. SIMPLE MOVEMENTS WILL BE SHARED WHICH CAN BE INTEGRATED WITH A DAILY PRACTICE, WHICH RESEARCH SUPPORTS MAY BENEFIT A VARIETY OF CONDITIONS ASSOCIATED WITH PAIN AND INFLAMMATION. **REGISTER HERE:**

[HTTPS://US02WEB.ZOOM.US/MEETING/REGISTER/TZ0PCOCSQJKOH9W37GKXE0_V1IASEJ77VX-H](https://us02web.zoom.us/join/zoom-join?secret=V1IASEJ77VX-H)

12/01/2021 12:30 - 1:00 PM RACHEL VAN COTT, **YOGA NIDRA GUIDED MEDITATION FOR STRESS REDUCTION.** A SHORT GUIDED MEDITATION INCLUDING A GENTLE BREATHING PRACTICE, TO HELP REDUCE STRESS AND RESTORE BALANCE TO THE BODY AND MIND. **REGISTER HERE:**

[HTTPS://US02WEB.ZOOM.US/MEETING/REGISTER/TZCRC06VQDKUHD SGYCLWPLYX960YIM9H_--3](https://us02web.zoom.us/join/zoom-join?secret=YX960YIM9H_--3)

12/22/2021 12:00-12:45 PM, TONY GRYFFIN, **PORTABLE PEACE PRACTICES SESSION FIVE: FEELING THE ENERGY OF THE BODY & SETTING INTENTIONS FOR 2022.** QI IS OFTEN TRANSLATED AS “VITAL ENERGY.” THE LITERAL TRANSLATION OF QI IN THE OXFORD CHINESE-ENGLISH DICTIONARY IS “AIR,” THE OXYGEN NECESSARY FOR HEALTH AND LIFE. THREE NEW EXERCISES ARE INTRODUCED WHICH RESEARCH SUPPORTS CAN ENHANCE OXYGEN DIFFUSION, RESULTING IN A TANGIBLE SENSATION OF ENERGY IN THE BODY. **REGISTER HERE:**

[HTTPS://US02WEB.ZOOM.US/MEETING/REGISTER/TZUVD--URTSRE90FLLCBLUDBMJAPIMT4YQM_](https://us02web.zoom.us/join/zoom-join?secret=URTSRE90FLLCBLUDBMJAPIMT4YQM_)