

Mindful Eating

What is Mindful Eating?

Mindful Eating is the act of being mindful during eating events.

- Keep thoughts *about food* nonjudgmental.
- Pay direct attention to the sensations & experiences of *consuming the food*.
- Slow down *the chewing and eating* process.
- Notice *satiety cues* of the body.

What are the steps?

Using a piece of dark chocolate or a peppermint...

1. Hold it in your hand. Feel it between your fingers.
2. Notice the smell.
3. Hold it against your lips and notice the texture.
4. Place it in your mouth
 - a. Notice how it feels on your tongue.
 - b. Notice how it feels against the roof of your mouth.
 - c. Notice the texture.
 - d. Notice the flavor.
5. Take one bite and notice the effect it has.
6. Continue slowly chewing until you need to swallow.

Progressive Food Demo

June 8	Salad
June 15	Appetizer
July 6	Soup
July 27	Main Entrée
August 17	Dessert

Catch all five courses this summer!
Demos start at 11:00am.

On The Move Nutrition, LLC

At OTMN, Jessica provides one-on-one nutrition counseling and group nutrition programs in active settings to make learning nutrition fun and supportive.

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On The Move
N u t r i t i o n



Registered Dietitian Jessica M. Jurcak
&
Chef Andrew Kisner
present:

The Old Brooklyn Farmers' Market Progressive Food Demo

A 5-course meal demonstrated
in 5 segments

**Mini Mixed
Berry Cornmeal
Cobblers
&
Froyo Fruit Bites**

Dessert Course

Ingredients

Instructions

Nutrition

Cobbler

- 6 cups assorted berries
- ½ cup sugar
- 3 Tbsp all-purpose flour
- 1 ½ Tbsp lemon juice
- 1 tsp vanilla extract
- 4 ½ Tbsp cold, unsalted butter
- 1, 8oz. box Jiffy corn muffin mix
- 1/3 cup chopped pecans, unsalted
- 1 medium egg, beaten

Frozen Yogurt Bites

- 3, 5.3oz. containers of Two Good low-fat Greek yogurt, any flavor
- ½ cup low-fat milk
- 1 Tbsp honey
- ¼ cup blackberries
- ¼ cup blueberries
- ¼ cup raspberries

Recipe Prep Info

Prep Time: 15 minutes

Cook Time: 20 minutes

Freeze Time: 2 hours

Total Time: 2 hours, 35 minutes

Serves: 6



Cobbler

1. Preheat oven to 400°F. Spray 12 muffin cups with non-stick spray.
2. Gently mix berries, sugar, flour, lemon juice and vanilla in a large bowl. Divide evenly among the 12 muffin cups.
3. In a medium bowl, cut butter into the Jiffy corn mix until it is crumbly. Stir in the pecans and egg and mix until evenly crumbly again.
4. Sprinkle evenly over the berry cups.
5. Bake about 20-24 minutes until fruit is bubbly and topping is golden brown.
6. Cool 10 min before serving warm.

Frozen Yogurt Bites

1. Line 24 mini muffin cups with paper liners.
2. Mix yogurt, milk and honey in a medium bowl.
3. Spoon mixture into each cup, filling about 1/3 of the way. Add one berry to each cup.
4. Fill cups with remaining yogurt mix and top with a second berry.
5. Freeze for at least 2 hours, until solid. Serve frozen.

Nutrition Facts

6 servings per container

Serving size 2 cobbler cups (2g)

Amount Per Serving

Calories 490

	% Daily Value*
Total Fat 20g	26%
Saturated Fat 9g	45%
<i>Trans Fat</i> 0g	
Cholesterol 55mg	18%
Sodium 360mg	16%
Total Carbohydrate 70g	25%
Dietary Fiber 6g	21%
Total Sugars 39g	
Includes 17g Added Sugars	34%
Protein 12g	24%

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition info above for:

2 cobbler cups + 4 froyo bites

Additions & Substitutions

- To make dairy-free, use a soy-based yogurt and soy or almond milk.
- Swap out pecans for other nuts or avoid altogether for allergen concerns.
- Substitute other chopped fruit such as peaches, cherries, plums or nectarines. Use what is in season!