

Nourish to Flourish

Integrative Medical Group Visit Programs for Post-Acute Sequelae of COVID-19

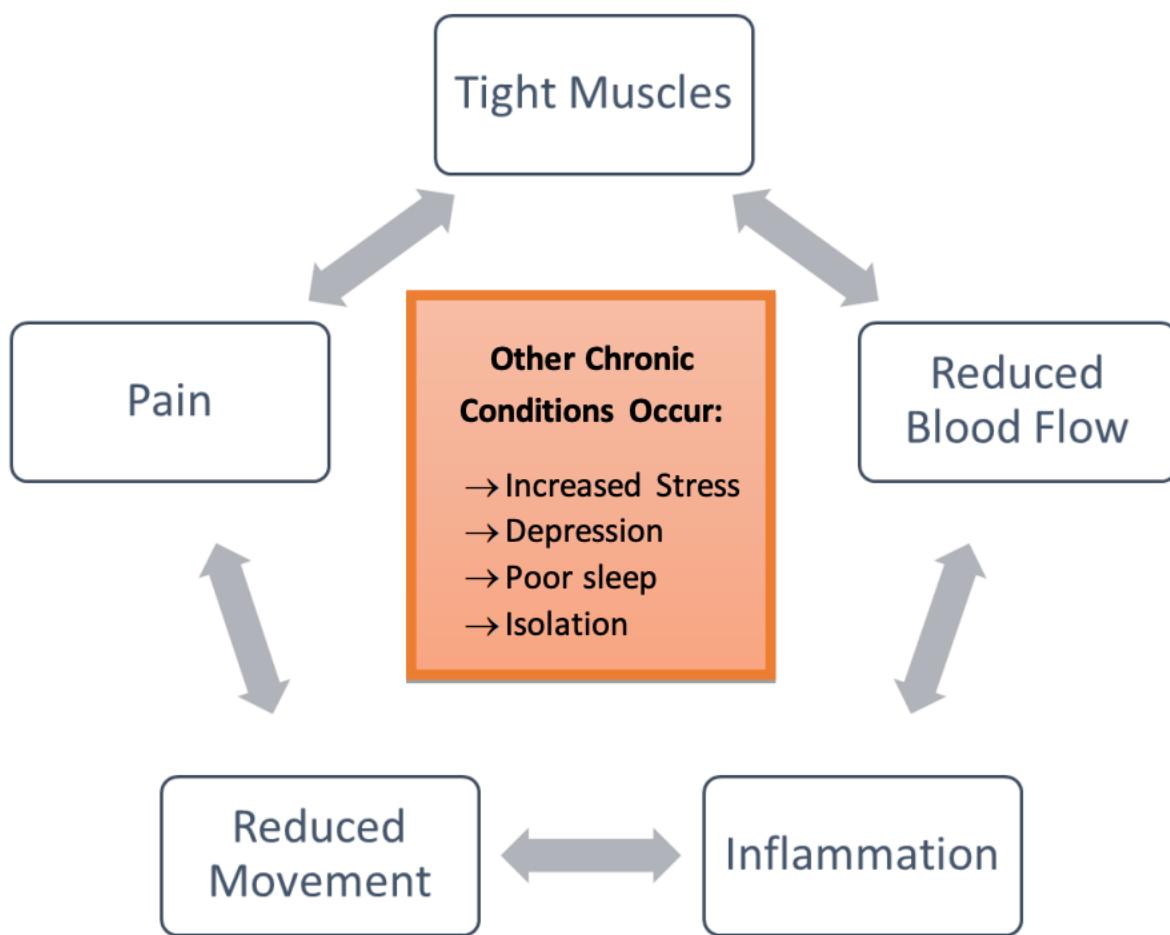
Week 7: Inflammation, Mindful Eating, and Setting Goals

In this session, we will discuss self-nourishing behaviors such as mindful eating and goal setting. We will also offer space for the group to share their individualistic experiences with challenging symptoms.

Daily Agenda

- Grounding meditation
- Check-in
- Home practice review, thinking beyond the group
 - As we come to the end of our eight weeks, what have we touched on that you haven't had a chance to explore? Are there things that have worked that you want to keep doing or keep exploring? What do you want to take with you moving forward?
 - Next week...final week, consider bringing something to share with the group like a poem, exercise, art, article...something that touches you and gives you hope
- One-minute Breathing Space
- Bio-break
- Guest Speaker Shari Sibenge RD, LDN
- Nutrition: Mindful Eating
- Discussion: SMART Goal Setting and resources for wellbeing
(<https://www.takingcharge.csh.umn.edu/>)
- Poem
- Home Practice
 - One-Minute Breathing Space

Cycle of Pain and Inflammation



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Nutrition: Sugar, Fiber, and Protein

What is sugar?

- Sugar is what our body uses to make energy. All foods raise your blood sugar some but certain foods raise your blood sugar too high too fast and can cause you to gain weight or even get diabetes.

Why is this important?

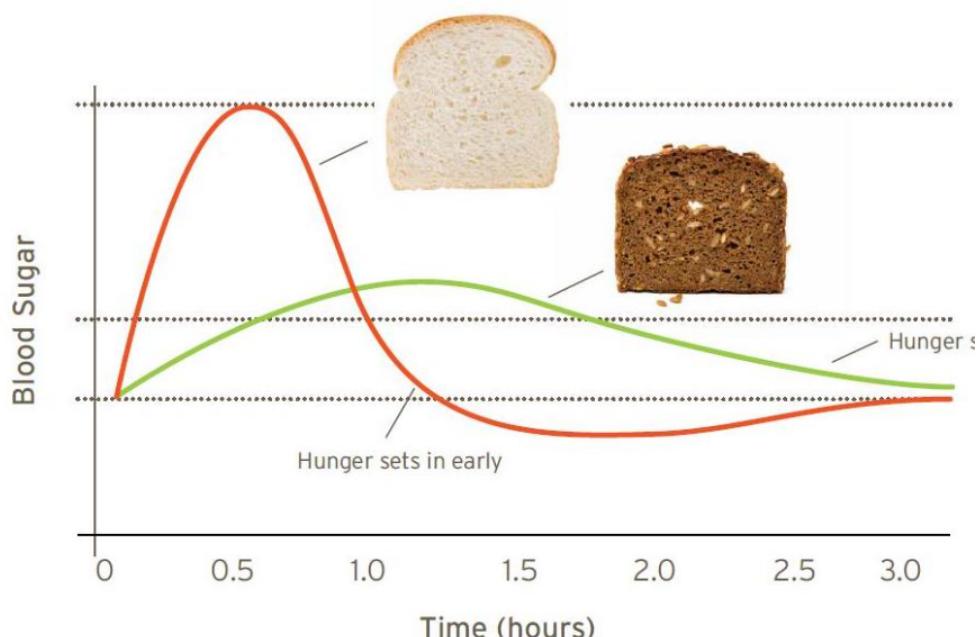
- It is important that we know how food effects our bodies and too much sugar can have a negative impact on our health.

What are *whole foods* (low glycemic index foods)?

- The best foods for our bodies are whole foods that our body processes and digests to break down all the nutrients we need. These foods usually have a low Glycemic Index:
 - Fresh and frozen vegetables and fruits (carrots, spinach, apples, mango, etc.)
 - Whole grains (brown rice, whole wheat flour, oats, quinoa, etc.)
 - Beans (black beans, soy beans, etc.)
 - Nuts (walnuts, almonds, cashews, etc.)

What are *processed foods* (high glycemic index foods)?

- When food is processed instead of whole, factories remove many of the important nutrients we need before it reaches our mouths. When we eat processed food, our body doesn't have the opportunity to use these nutrients since they have already been simplified into sugar.
- Foods that are high in sugar increase inflammation in the body, including: potato chips, white bread and white pasta, soda and fruit juice, and fruit roll-ups.



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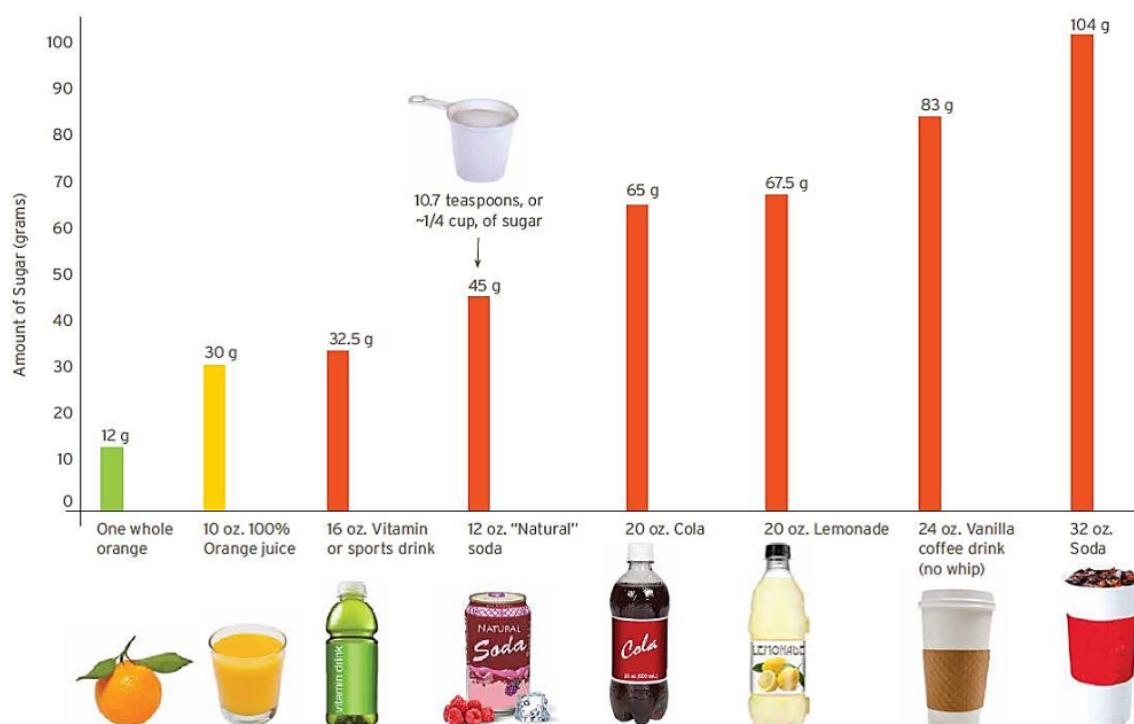
How much sugar should we eat?

- An average American eats 150lbs of sugar each year! This is over 5 times the recommended amount! Besides anything labeled as syrup or sugar, anything ending in “-ose” means sugar! (High Fructose Corn Syrup, Dextrose, Sucrose, etc.)
- The maximum amount of sugar outside of whole foods (like fruits and vegetables) each day is:

Men: 9 teaspoons per day



Women: 6 teaspoons per day



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What is fiber?

- Fiber is the material in a plant (vegetables, beans, grains and fruits) that our bodies cannot digest. The digestible parts of plants break down into sugar in our body so fiber balances this by adding volume to our meal without causing our blood sugar to spike.

How much fiber should I eat every day?

- It is recommended that children and adults get 20-30 grams of fiber per day.
 - » **Breakfast ideas:** oatmeal; fresh fruit; whole grain toast; whole grain cereal
 - » **Lunch ideas:** sandwich on whole wheat bread; salad; chili
 - » **Snack ideas:** raw vegetables and fruit; nuts; nut butter on whole grain bread
 - » **Dinner ideas:** vegetable stir fry with brown rice; lentil soup; dark leafy greens as a side; a sweet potato with the skin on; a baked apple for dessert

Why is fiber important?

- Fiber helps to keep us fuller for longer because it is a carbohydrate that the body cannot digest. Fiber can also help with:
 - Weight control
 - Regulating the body's use of sugar
 - Lowering cholesterol
 - Keeping food moving through the digestive system

How can you eat more fiber?

- Eating a diverse range of whole grains, nuts, legumes, fruits and vegetables is the best way to ensure you are getting enough fiber each day.
- Incorporate a little at a time: sprinkle a spoonful of ground flaxseed on a smoothie or oatmeal; eat a fresh fruit instead of fruit juice; add a serving of garbanzo or kidney beans to a salad at lunch; exchange brown rice for white rice at dinner time.
- Try substituting beans and legumes (garbanzo, cannellini, black, kidney, soy, pinto, lentils, peanuts, peas...) for meat a few times a week.
- Make smarter snacking choices: peanut butter on whole grain bread; a handful of almonds and walnuts; a handful of carrot sticks and celery with hummus; an apple or other whole fruit.

Examples of foods with fiber			
			
½ cup = 3.5g	1 cup = 3g	1 apple = 4.4g	1 cup oatmeal = 4g

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What is protein?

- Protein is our building block for the body and we need it to build muscle and keep our body strong and healthy.
- Protein can be found in lean meats, fish, beans, dairy, and nuts and seeds.

Why is it important?

- The body uses protein to maintain healthy hair, nails, skin, muscles, and tissues.
- When we don't get enough protein, we can crave eating sugar and simple carbohydrates.
- Not eating enough protein can lead to weight gain and decreased lean muscle development.
- High protein snacks like plain yogurt and nuts can help us to control and maintain healthy blood-sugar levels.
- Research shows that reducing animal-based protein can lessen our chances of developing many diseases, including diabetes.

How much protein do I need every day?

	Grams of protein needed each day
Children ages 1 – 3	13
Children ages 4 – 8	19
Children ages 9 – 13	34
Girls ages 14 – 18	46
Boys ages 14 – 18	52
Women ages 19 – 70+	46
Men ages 19 – 70+	56

What are healthy protein sources?

- **Plant proteins:** provide additional healthy fats, vitamins and minerals, fiber and never contain cholesterol.
- **Functional proteins:** examples are yogurt and fish, which have beneficial added components like probiotics (healthy bacteria to promote digestion and immune health) and omega-3 fatty acids in fish.

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- ✓ **Fish** - salmon, tuna, cod, bluefish, tilapia, sardines...36 grams in 5 oz. salmon.
- ✓ **Eggs** - scrambled, hard-boiled, frittata, over-easy (use small amount canola or olive oil).
Each egg= 6 grams of protein.
- ✓ **Tofu**- 10 grams in $\frac{1}{2}$ cup serving
- ✓ **Beans**- black, pinto, cannellini, garbanzo (chickpeas), soybeans, kidney... $\frac{1}{2}$ cup of black beans has 21 grams of protein
- ✓ **Nuts and nut butters** - almond, walnuts, peanuts, pistachios, and cashews - eat nuts slowly! $\frac{1}{4}$ cup of almonds= 7 grams of protein.
- ✓ **Seeds**- pumpkin, sunflower, flaxseeds, hempseeds, chia seeds... $\frac{1}{4}$ cup pumpkin seeds= 14 grams of protein
- ✓ **Lentils**- each cup of lentils is 18 grams of protein
- ✓ **Fruits and veggies**- Avocado= 3 grams per cup
- ✓ **Lean meats** – skinless chicken, lamb, beef, pork...3 oz. of chicken= 27 grams protein
- ✓ **Dairy**- Greek yogurt, milk, cottage cheese, kefir...Each 8 oz. of milk=8 grams protein
- ✓ **Whole grains**- Quinoa, brown rice, barley, buckwheat cereal... $\frac{1}{2}$ cup of buckwheat cereal= 10 grams of protein.

What should my meals look like?

- Aim to combine fiber, healthy fats, and protein with your carbohydrates with each meal. This helps to slow down the absorption of sugar in your blood stream.
- Aim to increase your consumption of foods in their whole state: fruits and vegetables with their skin on, whole grains like brown rice and whole wheat bread, beans, raw nuts and seeds.
- An example of a balanced plate:
 - $\frac{1}{4}$ of your plate could be a piece of baked fish the size of your palm
 - $\frac{1}{2}$ of your plate could be steamed or roasted veggies or salad
 - $\frac{1}{4}$ of your plate could be brown rice or whole wheat bread
 - A healthy dessert could be a baked pear with some honey and cinnamon.

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Nutrition: Mindful Eating

What is mindful eating?

- A focus on being present and aware of what we put into our bodies.
 - » Letting go of judgment and focusing on the HERE and NOW of nourishing body, mind, and spirit.
 - » Noticing taste, textures, and sensations.
 - » Savoring each bite to get more enjoyment out of your food.
 - » Being aware of how the body responds; helping you to eat just the right amount and type of food that you need at that time.
 - » Noticing what full feels like for you.
 - » Reflecting on where your food came from, who prepared it, and who is eating near you.
 - » Focusing on nourishment of the whole self.



Adapted from: University of Wisconsin Integrative Medicine,
www.fammed.wisc.edu/integrative

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What are the benefits of mindful eating?

- Food becomes more enjoyable as you begin to pay attention to unique textures, flavors and sensations.
- Eating mindfully slows down the pace of your meals, allowing your stomach to communicate to your brain that it is full. This can support weight loss and healthy weight maintenance.
- It promotes healthy digestion.
- You model healthy eating behaviors for your family and community.

Additional mindful eating resources:

1. University of Wisconsin Integrative Medicine:
http://www.fammed.wisc.edu/sites/default/files/webfmuploads/documents/outreach/im/handout_mindful_eating.pdf
2. The Center for Mindful Eating. www.tcme.org
3. “The CAMP System: The Joy of Mindful Eating.” www.mindfuleating.org
1. Susan Albers: Eat, Drink, and be Mindful. Written exercises included in book. Website: www.eatingmindfully.com
4. Thich Nhat Hanh. “Mindful Eating.” <http://www.chetday.com/mindfuleating.htm>
5. Karen Koenig: The Rules of “Normal” Eating Website: www.eatingnormal.com
6. Dr. Jan Chozen Bays: “Mindful Eating: A guide to Rediscovering a Healthy and Joyful Relationship with Food.” Includes a CD with exercises.

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Discussion: SMART Goal Setting

S Specific, significant

- » Well defined; clear and easily understood by anyone.

M Measurable, meaningful, motivational

- Know when it has been achieved.
- Something you care about and want to achieve.

A Attainable, achievable

- Know if the goal is possible within the time frame.

R Realistic, relevant, reasonable, rewarding, results-oriented

- Within the availability of resources, knowledge, and time.

T Timely, tangible, trackable

- Enough time to achieve the goal.

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Recipe of the Week: Frittata

Ingredients

- 6 eggs
- ½ teaspoon ground black pepper
- ¼ cup fresh herbs or 1 tablespoon of dried (such as basil, dill, oregano)
- 1 tablespoon olive oil
- 2 cups various vegetables, chopped (such as a combination of chopped greens, onion, broccoli, red or green pepper, mushrooms, or zucchini)
- ½ cup cheese (optional)

Instructions

1. Pre-heat oven to 425-degrees.
2. Wash and chop mixed vegetables. Set aside in a bowl.
3. In a medium size bowl, using a whisk or fork, blend together the eggs and black pepper. Set aside.
4. Heat a 12-inch, oven safe sauté pan (ideally a cast iron pan) over medium-high heat and add oil to the pan. Add the chopped vegetables and any desired herbs. Sauté for 2 to 3 minutes until soft.
5. Pour egg mixture evenly over sautéed vegetables. Reduce heat to medium and cook for 4-5 minutes without touching until the egg mixture begins to set.
6. Sprinkle cheese over top, if using, and place pan into a 425-degree pre-heated oven. Bake for 8 to 10 minutes, until lightly browned and fluffy. Remove from heat and garnish with remaining herbs. Cut into 4 pieces. Serves nicely with a green salad and/or whole-wheat bread.



credit: www.thefoodadvicecentre.co.uk

Health Benefits

- » Eggs offer a variety of disease-fighting nutrients that support brain, nervous system, memory, and eye health.
- » Egg yolks are a good source of Vitamin D and protein.
- » Eating a range of vegetables each day offers important sources of many nutrients, including potassium, dietary fiber, folic acid, and a range of vitamins.

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Poem

Bird Wings

Your grief for what you've lost lifts a mirror
up to where you're bravely working.

Expecting the worst, you look, and instead,
here's the joyful face you've been wanting to see.

Your hand opens and closes and opens and closes.
If it were always a fist or always stretched open,
you would be paralyzed.

Your deepest presence is in every small contracting
and expanding.

The two as beautifully balanced and coordinated
as birdwings.

-Rumi

Love After Love

The time will come
when, with elation
you will greet yourself arriving
at your own door, in your own mirror
and each will smile at the other's welcome,
and say, sit here. Eat.
You will love again the stranger who was yourself.
Give wine. Give bread. Give back your heart
to itself, to the stranger who has loved you
all your life, whom you ignored
for another, who knows you by heart.
Take down the love letters from the bookshelf,
the photographs, the desperate notes,
peel your own image from the mirror.
Sit. Feast on your life.

-Derek Walcott

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Home Practice

Mind-Body Practice

- Practice the grounding meditation, body scan meditation, loving-kindness meditation, or chair yoga 6 out of 7 days of the week.

Daily Life Practice

- Try to eat mindfully, and bring your experiences with you to our last session next week!

Manual Activity

- Complete the following goals development chart:

Category	What I'm doing well	Where I need improvement	My goals
Self-Care Examples: <ul style="list-style-type: none">• Meditation• Write in a journal• Take a bath			
Exercise and Healthy Eating Examples: <ul style="list-style-type: none">• Walking• Dance• Eat more vegetables or whole grains• Read more nutrition labels			
Your own category: <hr/> <hr/>			