



# Healthy Living Focus Avoiding Excessive Eating

Hello, and welcome to the latest edition of the Healthy Living Focus. this week we are looking at avoiding excessive eating. If you find yourself reaching for the junk food, following our tips for mindful eating may be just the right tool. we will discuss what mindful eating is, as well as share tips to increase focus around food, which can help to prevent excessive eating.

## Mindful Eating

Mindful eating is not a diet. It is a way to enjoy your food using internal signal for hunger and appetite to guide us into eating healthily.

When we pay attention to what we eat, how we eat, and when we eat, we are more likely to make healthier choices to nourish our bodies.

## Make Mealtimes an Event

Make mealtimes a time to really enjoy food!

- Turn off the tv
- Switch off devices
- Sit at the table instead of the couch
- Stop to enjoy each bite

Really focus on enjoying each bite to savour the experience!

## Savour the Flavour

Your senses are powerful tools when it comes to fully enjoying your food.

Notice the smell before you tuck in.

Notice the texture, is it hard or chewy? Soft or crunchy?

Take a few moments to fully chew the food, engaging all of your taste buds!

## Healthy Living Goal

Make mealtimes an  
event this week!

## Focus on what you really want

**Give yourself permission to eat what you want.**

**If that is something high in calories, fat or sugar, maybe opt for a smaller portion or bitesized bar, as restriction can lead to eating excessive amounts wether you are hungry or not.**

**Focus on the foods that will really nourish your body, such as fruits, vegetables, and home cooked meals**

## Reflections

- Was this as good as I expected to be?
- How do I feel after eating this?
- Do I feel satisfied?

Asking yourself these questions after a meal can help to savour the experience. Any notions of guilt can mean you are not able to fully savour the experience, and following the tips in our newsletter can help with the process.



Visit <https://www.nhs.uk/mental-health/conditions/binge-eating/overview/?msclkid=59a17a4fbbde11ec82c705b49add0e53> for advice on excessive eating and Binge Eating Disorder.

# RECIPE OF THE WEEK

## One Pot Spaghetti



### Ingredients (serves 2)

2 garlic cloves,  
crushed, or 1 tsp  
garlic granules

½ tsp dried thyme

1 onion, peeled and  
finely sliced

400g tin chopped  
tomatoes

2 tsp red wine vinegar  
or balsamic vinegar

250g spaghetti

500ml boiling water

30g grated low fat  
cheddar (optional)

ground black pepper

### Method

1. Add the oil to the pan and cook the onion over a medium heat for 5-6 mins until softened and slightly browning.
2. Add the garlic and thyme, cook for 1 min, then add the tomatoes and vinegar, and stir well. Bring to a simmer.
3. Break the spaghetti in half and add to the pan with 500ml boiling water. Cook over a medium heat, with the lid on, for 10-12 mins until the pasta is al dente, adding a splash more water if it starts to stick.
4. Divide between 2 bowls, season with black pepper and scatter over a little grated cheese if you wish.

### Healthy Living Tips

Each serving contains one of you 5 a day! Why not add another serving of veggies by serving with a big green side salad of spinach leaves, cucumber and cherry tomatoes?

**Meet our Healthy Living Coordinator, Claire. Who is responsible for our newsletter and healthy living project.**

If you have any queries, would like to suggest a feature for our future newsletters, or would like support and advice around issues raised here, please contact Claire at [healthyliving@nortonhousingandsupport.org.uk](mailto:healthyliving@nortonhousingandsupport.org.uk)

