Take-Away Tip: Try a food journal

Food and emotions are inextricably connected. Food offers us nourishment as well as connection and comfort. Problems arise when we repeatedly turn to food in stressful situations. Understanding stress eating and your triggers is the first step. Read on for more tips...

Chocolate Peanut Butter Banana Soft Serve

Here is a recipe for the best comfort food around—ice cream—but that is also good for you!

Time: 5 minutes
Yield: 1 serving
Serving size: Approx. 1 cup

Ingredients:
- 1 1/2 bananas, sliced and frozen
- 1 Tbsp peanut butter
- 1 tsp unsweetened cocoa powder

Instructions:
1. Place all ingredients into a mini food processor or strong blender and blend until smooth.

Calories: 249.6, Fat: 7.5, Carbs: 46, Fiber: 6, Sugar: 23, Protein: 5

Lisa Armstrong is a Registered Dietitian at the Health and Performance Centre. Lisa helps individuals optimize their eating for weight loss, reducing cholesterol, managing diabetes, maximizing energy and many other nutrition related health consultations. Additionally, Lisa also works with athletes of all levels to improve health and performance. Book an appointment with Lisa to get the most out of your eating and exercise.

Stress Eating

What is stress eating?
Stress eating is a common coping mechanism used to deal with feelings during stressful situations and to temporarily feel better. Many foods affect our feelings by reminding us of happy times or even by causing chemical reactions in our bodies that make us feel better. The problem is that this good feeling does not last, and stress eating can lead to even more negative feelings such as guilt.

Am I a Stress Eater?
Start by keeping a food diary for a couple of days and write down how you are feeling each time you eat something. You may realize that you are not always eating due to hunger, but rather due to stress and negative feelings. Look for patterns in your eating, such as reaching for junk food while working on a difficult task. If you are stress eating, don’t feel bad or guilty. Many people struggle with this problem and there are many things you can do to cope!

How Do I Avoid Stress Eating?
The main way to avoid stress eating is to find new, healthier coping mechanisms for stress. The next time you feel like reaching for that chocolate bar at work, ask yourself what other things you could do to feel better and reduce your stress. Could you go for a walk, talk to a friend, take a quiet moment to focus on your breath, or read a book? Try to substitute stress eating for other things that make you feel great! And if you are hungry, reach for something more nutritious and filling. If you get in the habit of eating healthy foods, you will crave healthy foods, just like eating junk food makes you crave even more junk food. Remember, overcoming stress eating can be a difficult task and takes time and effort, but it can be done! Consulting a Registered Dietitian, such as at the Health and Performance Centre, can help you on your journey to reducing stress eating by giving you customized diet advice and one-on-one support.

http://www.peanutbutterandpeppers.com/2012/04/20/choco-peanut-butter-banana-soft-serve/
http://search.proquest.com/docview/367767758/13CC5A893B131AA7454/17?accountid=11233

To make an appointment, contact our HPC reception staff at 519 767-5011 ext. 1. Email Lisa with any questions at larmstro@ uoguelph.ca.

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