



Official Newsletter of WIC Worksite Wellness

HONORING YOUR BODY WITH INTUITIVE EATING

Kalia Firmage & Christine Tran, B.S.

Intuitive eating (IE) is a simple way to help you honor yourself by listening to your body's physical or emotional hunger cues. (1)

Physical hunger is when your body needs food. It reminds you through cues like:

- Growling stomach
- Fatigue
- Shakiness

Emotional hunger is wanting to eat to satisfy non-physical needs like:

- Stress
- Boredom
- Craving

IE is anti-diet and inclusive to all body types (2) It focuses on improving eating behaviors and mindset instead of weight-loss by honoring your hunger and fullness cues. IE also promotes self-efficacy and raises self-esteem. (2) It also helps establish a healthy relationship with food by not labeling food as good or bad, but rather as nourishment for the body.

To read more about IE, click [here](#).

MINDFUL HOLIDAY EATING



Anna Clancy & Anna Compagno

It can be difficult to eat mindfully during the holidays. Through intuitive eating, it helps us reconnect and understand our body's hunger and fullness cues. (3) Below are some tips to eat intuitively this holiday season.

1. **Reject the diet mentality:** Avoid this by [eating normally](#) without feeling guilt.(4)
2. **Food is nourishment, not an award:** Don't skip meals and exercise to "earn food." Instead, listen to your body's [hunger and fullness cues](#) and enjoy holiday food. (4)
3. **Merry movement:** [Move your body](#) in a way that feels good and increases mind and body positivity. (5)
4. **Set boundaries:** Advise your family to refrain from making comments about your body and food intake. (5)

SWEET POTATO CASSEROLE

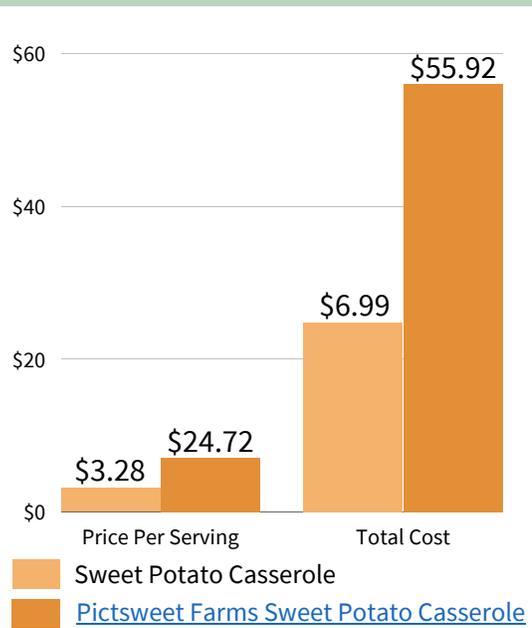
Aneth Gonzalez, Janeza Bridges, Caitlin Arakaki



Enjoy this delicious and balanced sweet potato casserole for the holidays! Sweet potatoes are packed with nutrients, including vitamin A and C, while pumpkin seeds are high in magnesium, phosphorus, and potassium. (6,7) Sweet potatoes are naturally sweet, so there is no need to add sugar to this recipe.

Total time: 55 minutes **Prep Time:** 25 minutes **Servings:** 8

PRICE COMPARISON



Ingredients:

- 2 pounds sweet potato, peeled and quartered
- 1 tablespoons unsalted butter, melted
- 1/2 cup fat-free milk
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 1 1/2 tablespoon pumpkin pie spice
- 1/4 cup chopped pecans
- 1/4 cup pepitas

Instructions:

1. Preheat the oven to 350° F.
2. Pour sweet potatoes into a large pot. Fill with enough water to cover.
3. Boil for approximately 20 minutes, or until soft.
4. Remove from heat, drain, and place sweet potatoes in a mixing bowl.
5. Mash in the fat-free milk, 1 tablespoon of butter, vanilla, cinnamon, and pumpkin pie spice until desired consistency is reached.
6. Place mixture in a 1 1/2 quart baking dish.
7. In a small mixing bowl, combine the pecans and pepitas and sprinkle over the top of the sweet potatoes.
8. Bake the casserole for 20 to 30 minutes, or until the nuts are lightly toasted.

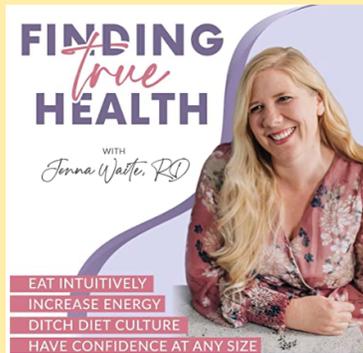
NUTRITION FACTS

Per Serving (8)

- Calories: 181
- Total fat: 7 g
- Saturated fat: 2 g
- Cholesterol: 4 mg
- Sodium: 100 mg
- Carbohydrates: 26 g
- Fiber: 4 g
- Sugar: 6 g
- Protein: 5 g

HEALTHY EATING RESOURCES

Breyanna Collier & Rebecca Muntslag



With the holiday season in full swing, there can be a lot of stress around eating. Practicing intuitive eating is a great way to eat mindfully while enjoying the holidays. The podcast, [Finding True Health: Intuitive Eating in a Nutshell](#) by Jenna Waite, breaks down the 10 principles of intuitive eating and how you can incorporate it into your life.

Looking to add nutritional value to your favorite holiday dish? [Eating well](#) is a great resource. It offers a variety of recipes for healthy eating and dietary restrictions. You can search for healthier holiday recipes directly on the website.



This newsletter was made possible by the partnership between California WIC Association and the American Red Cross WIC Program.

REFERENCES

1. Jennings, K-A. (2019, June 25). A quick guide to intuitive eating. Retrieved October 31, 2022 from <https://www.healthline.com/nutrition/quick-guide-intuitive-eating>
2. Pike, A R.D. (2018, June 14). Intuitive Eating Misconception: Does Anti-Diet Mean Anti-Health? Retrieved October 29, 2022. <https://foodinsight.org/intuitive-eating-misconception-does-anti-diet-mean-anti-health/>.
3. Jacobson, SDSU Extension Health Promotions Specialist BCBH, M. (2022, April 11). Intuitive eating practices and strategies for the holiday season. South Dakota State University Extension. Retrieved November 2, 2022, from <https://extension.sdstate.edu/intuitive-eating-practices-and-strategies-holiday-season>
4. Jacobson, M. (2022). Intuitive eating practices and strategies for the holiday season. South Dakota State University. Retrieved November 1, 2022 from <https://extension.sdstate.edu/intuitive-eating-practices-and-strategies-holiday-season>
5. Intuitive eating during the holidays. The University of Arizona. (2019) Retrieved November 1, 2022 from <https://nutrition.arizona.edu/news/2019/11/intuitive-eating-during-holiday>.
6. Sweet potatoes. The Nutrition Source. (2021, July 6). Retrieved November 4, 2022, from <https://www.hsph.harvard.edu/nutritionsource/food-features/sweet-potatoes/>
7. Batool, M., Ranjha, M. M. A. N., Roobab, U., Manzoor, M. F., Farooq, U., Nadeem, H. R., Nadeem, M., Kanwal, R., AbdElgawad, H., Al Jaouni, S. K., Selim, S., & Ibrahim, S. A. (2022, May 24). Nutritional value, phytochemical potential, and therapeutic benefits of pumpkin (cucurbita SP.). Plants (Basel, Switzerland). Retrieved November 4, 2022, from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9182978/>
8. Free Calorie Counter and Diet assistant. MyNetDiary. (n.d.). <https://www.mynetdiary.com/>