

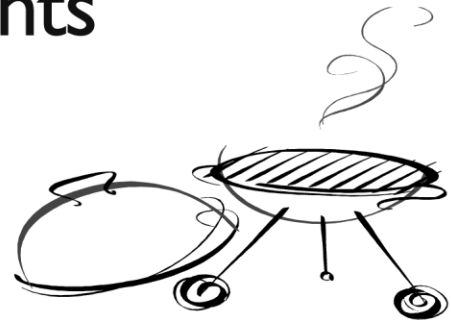
Grill Me About...

Heeding My Warning Lights



Ask me what I learned about listening to my body's signals in my GrowingGreat classroom nutrition lesson:

1. True or false—It is best to wait until I am famished to start eating.
2. Why is it important to be mindful when you are eating?
3. What are food allergies or sensitivities?



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Answers:

1. *False—You should eat when you start to feel hungry. By waiting too long you may eat too fast, too much and may make lower-quality food choices*
2. *To listen to your body signaling you that you have eaten enough food.*
3. *When your body reacts to certain foods your immune system thinks are harmful.*

GrowingGreat thanks the following companies for their generous contributions which made the snack sample possible:



Gluten Free Pasta

- 1 bag brown rice pasta
- 1 batch pesto (recipe follows)
- Grated parmesan or pecorino (optional)
- Sautéed or roasted vegetables (optional)*

Boil pasta according to directions on package. Do not over cook or it will become mushy! Drain pasta well, toss with pesto in a bowl.

*You can make this a pasta primavera dish by adding your choice of vegetables to the pasta. Try something seasonal from the Farmers Market!

Pesto

- 1 small bunch of basil, leaves only
- 5 oz. Pine Nuts
- 3-5 Cloves Garlic
- 6-7 Tbs Olive Oil

In food processor fitted with a blade, pulse garlic cloves until well chopped, then add pine nuts, pulse until chopped. Pack in basil leaves and blend, pouring in olive oil until well blended.

Seasonal Note: Depending on season, try spinach, cilantro or parsley.



Classroom Nutrition Lesson #5

Heed your Warning Lights

LISTENING TO YOUR BODY'S SIGNALS

Food Sensitivities

Food allergies and intolerances are widely recognized today. Better labeling and education helps consumers identify foods they know they need to avoid. Here are some ways you can identify foods that may not work for you:

Start by paying attention

Listen to your body and recognize the foods that work for you and avoid foods that do not. Help your kids understand which foods work for them and which to avoid/limit.

Possible signs of food sensitivities

- ✘ Dark circles around eyes
- ✘ Skin irritations such as rash, hives, itchy skin
- ✘ Stuffy nose or constant sinus infections
- ✘ Stomach discomfort after eating
- ✘ Joint pains
- ✘ Headaches
- ✘ Burning sensation in mouth, lips

Where to turn for help

- ☆ Web sites
 - <http://kidshealth.org>
 - <http://www.foodallergyconnection.org/>
- ☆ Allergists—for diagnosis
- ☆ Nutritionists—For nutritional support and advice

When to start, when to stop

A university study compared the eating habits of the French, known for eating rich foods yet remaining thin and Americans, whose tendency toward obesity is well documented. Participants were asked when they knew to stop eating a meal. The majority of the French participants said when the food stopped tasting as good, and they started to feel satisfied. The majority of the American participants responded when the television show was over or their plate was empty.

- Make meals a special time
- Turn off the TV
- Pay attention to your food
- Eat slowly and chew each bite well
- Feel your body's signals as it fills up

Start eating

When you feel hungry; don't wait until you are famished as you will have less control

Stop eating

When you feel satisfied, not when you are so full you are uncomfortable

