

# Unique Nutrition

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## Makeover your kitchen = Makeover your body!?

“Mmm, I am feeling peckish.” On the kitchen table, a packet of Anzac biscuits seems to be whispering to me. “Eat me!” 5 minutes later, 3 biscuits vanished magically. It may be hard to resist such a sweet offer. However, if my eyes caught a packet of uncooked rice noodle or a pile of passion fruits, what would my first choice be?

According to Professor Brian Wansink,<sup>\*1</sup> changing your eating environment is easier than changing your mind. His latest research found subtle ways to tweak our homes & workplaces etc so we mindlessly eat better & less. Serving a main dish at the counter makes you eat less than serving at the table by yourself, which results in avoidance of easy reach. Women who keep cereal packets visible weigh on average 9.5 kg more than those who put them away. Those who leave fruit out weigh 3 kg less than those who don't. Using darker plates (=contrast colour) to serve white starches such as rice, potatoes & pasta, makes people serve less than using white plate (=similar colour). Also, it may be a good idea to keep healthy snacks in the freezer (= not visible and help keep them fresh) to rescue your urgent desire. These snacks can be hummus, protein bars, date & nut balls or cooked rice. Why don't you decorate your kitchen with flowers or oil diffusers while giving away some junkie looks foods to a nasty neighbour? (if you have any)



## Forget multi-tasking & focus on one task.

How many things can you do while you are eating? Watching, driving, walking and chatting on the phone? Dr. Albers<sup>\*2</sup> would say, “please just eat when you are eating. Be mindful.” You will enjoy food more and less eat when you give full attention to the meal. Here is her 5 mindful eating tips.

- 1) Have a seat.
- 2) Slowly chew – using non-dominant hand may help.
- 3) Take a mindful bite. Smell, taste & look at the foods.
- 4) Put healthy food within reach.
- 5) Smile.



### Mindful Popcorn (Serve 3)

Ingredients:

1/3 cup of popping corn

1/2 TBS Ghee butter/ coconut oil/ olive oil

1/2 TBS fish sauce / ¼ tsp rock salt & pepper

What you need: Non-stick frying pan & lid

Direction: ★Give full attention when you make and eat them!

- 1) Fry the popping corn with lid on. (medium heat) They will start popping in a few minutes so keep the lid on.
- 2) When the corn finished popping, take pan off the heat and put butter or your choice of oil. Shake well with lid on.
- 3) Drizzle fish sauce or salt and pepper. Shake it again and serve immediately.

## HEALTH CHECK YOUR HOME

If you get seven or more ticks, you're on the right track.

- Do you serve salad/vegetable before the main meal?
- Do you put main dish on a plate at the stove or counter rather than at the table?
- Are your dinner plates no more than 22– 25 cm across?
- Do you eat sitting at a table with the TV off?
- Are there no more than 2 cans of soft drink in your fridge?
- Are your kitchen counters or tables organised and clean?
- Do you pre-prepare fruit and vegetables and keep them in the fridge where they are easily seen?
- Are there at least six servings of protein in your fridge? (1 serve = 1egg, 2TBS hummus, 30 g cooked meat etc.)
- Do you keep your snacks in a cupboard? (being invisible)
- Is fruit the only food on your kitchen counter?

Ref: \*1 B. Wansink (2015) Killer kitchen is your house making you fat? New Scientist (3003) 36-38

\*2 www.eatingmindfully.com Dr. Susan Albers © 2015 Images:https://openclipart.org/