

NEW / NEW YEAR / YOU

DISCOVER INTUITIVE EATING

Consider setting a New Year's resolution to adapt intuitive eating into your life. Intuitive eating is a personal process of honoring health by listening and responding to the direct messages of the body in order to get your needs met. It has been scientifically shown to influence positive psychological and physical well-being as well improving overall diet diversity. Outlined below are the 10 principles of intuitive eating.

1 REJECT THE DIET MENTALITY

It's easy to get caught up in food rules, restrictions and diet fads for a "quick fix" but often this exacerbates the problem.

2 HONOR YOUR HUNGER

Get back in touch with these hunger cues, such as stomach rumbling, irritability, shaking, or weakness.

3 MAKE PEACE WITH FOOD

Give yourself permission to eat all foods and avoid labeling them as "good" or "bad".

4 CHALLENGE THE FOOD POLICE

The Food Police lives in your mind and imposes food rules that may inflict feelings of guilt and shame.

5 DISCOVER THE SATISFACTION FACTOR

Eating nutritious foods is necessary but we should not forget about pleasure. Eating what you want may bring you satisfaction.

6 FEEL YOUR FULLNESS

Pause in the middle of eating and ask yourself how the food tastes, and what your current hunger level is by paying attention to your bodily cues.

7 COPE WITH YOUR EMOTIONS WITH KINDNESS

Find kind ways to comfort, nurture, distract, and resolve your issues without using food.

8 RESPECT YOUR BODY

Your body-size does not define you. Learn to honor all the things your body does for you.

9 MOVEMENT—FEEL THE DIFFERENCE

Focus on forms of movement that make you feel good. Exercise does not need to be intense to provide positive benefits.

10 HONOR YOUR HEALTH WITH GENTLE NUTRITION

Make food choices that honor your health and taste buds while making you feel good. It's what you eat consistently over time that matters, not just one snack, meal or day of eating.

St. Charles AAA

January 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
	Each Meal is Served with 1/2 Pint of 2% Milk			Closed
4	5	6	7	8
Meatballs with Creole Sauce Lima Beans Capri Vegetables Hoagie Bun Applesauce	Red Beans & Sausage Brown Rice Tossed Salad w/Drsg Turnip Greens Cornbread Fudge Creme Cookie Margarine	Chicken w/Penne Broccoli Glazed Carrots Wheat Bread Orange Juice Margarine	Breakfast Sausage or Ham Grits Cranberry Juice Hot Spiced Apples Biscuit Fruit & Grain Bar Margarine/Jelly	Meatloaf Brown Gravy Whipped Potatoes Southern Green Beans Wheat Bread Vanilla Pudding
11	12	13	14	15
Chicken & Sausage Jambalaya Cabbage Carrots Dinner Roll Oatmeal Creme Cookie Margarine	Beef Stew Brown Rice Chuckwagon Corn Wheat Bread Tropical Fruit Margarine	Chicken & Sausage Gumbo Rice Okra & Tomatoes Potato Salad Wheat Crackers Birthday Cake Ice Cream	Hamburger Lettuce/Tomato/Pickle Baked Beans Hamburger Bun Fresh Orange Mayonnaise Mustard Chocolate Milk	Seafood Salad Vegetable Soup Broccoli Saltine Crackers Peanut Butter Bar
18	19	20	21	22
Closed	Chicken Rice Casserole Stewed Tomatoes Green Beans Wheat Bread Oatmeal Creme Cookie Margarine	Ham & White Beans Rice Carrots Pickled Beets Cornbread Fresh Orange Margarine	Penne Pasta with Meat Sauce Tossed Salad Italian Vegetables Dinner Roll Apple Cobbler Salad Dressing	Turkey with Cheese Lettuce/Tomato Coleslaw Wheat Bread (2) Fruit & Grain Bar Mustard/Mayonnaise
25	26	27	28	29
Chicken Cacciatore Brussels Sprouts Glazed Carrots Dinner Roll Fig Bar Cookie Margarine	Hot Dog w/Chili Orange Juice Parslied Potatoes Hot Dog Bun Hot Spiced Apples	Beef Taco Salad Shredded Cheese Lettuce/Tomato Pinto Beans Tortilla Chips Fresh Orange Taco Sauce	Sliced Ham w/ Raisin Sauce Broccoli Yams Wheat Bread Fruit & Grain Bar Margarine	Bone-in BBQ Chicken Corn O'Brien Southern Green Beans Wheat Bread Pineapples Margarine