

# Navigating Nutrition

Eating in Periods of Stress

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**Sargent Choice Nutrition Center**

## SCNC Resources for Students



### Individual Nutrition Counseling

Specialties include: Healthy meal planning; Cardiovascular risk factors; Disordered eating practices; Food allergies/intolerances and food-related medical conditions; Gastrointestinal disorders; Sports nutrition; Women's health



### FREE Nutrition Workshops

Workshop 1: Nutrition Essentials: Our Nutrition Needs

Workshop 2: Thoughtful Eating

Workshop 3: Nutrition Opportunities & Meal Planning



### Interactive Educational Opportunities

Customized Talks

Grocery Store or Dining Hall Tours

Cooking Demonstrations



## What gets in the way of healthy eating?

- Stress
- Unsustainable diets
- Time
- Food Prep Challenges
- Cost/Budget
- Taking Care of Others
- Food Environment and Access



# What factors impact your food choices?

*Some examples:*

- Taste/preferences
- Schedule
- Availability/accessibility
- Cost
- Health
- Social factors/peer group
- Convenience
- Mood/emotions (including stress)
- Weight Stigma
- Culture/Religion/Family
- Energy
- Political/environmental reasons
- Response to hunger cues
- Fueling sports/activity
- Religion
- Social & special occasions
- Food marketing
- Dietary restrictions, allergies, and intolerances



# What do you notice about HOW these factors impact eating?

- Emotional eating
  - Stress, anxiety, procrastination
- Resorting to convenience items
- Choosing items you think might keep you awake
  - Energy drinks, high sugar items
- Higher volume
- Eating quicker
  
- Left feeling sick, crashing, food coma, guilty, more stressed...?



## Shifting the Balance in Your Favor

The world we live makes it:

- *easy* to get **more than we need** of less nutritious foods,
- *harder* to get **enough** of the health-promoting foods we do need,
- *challenging* to eat with **consistency and adequacy** that helps us feel sustained energy.



## Shifting the Balance in Your Favor

We shift the nutritional balance in our favor any time we:

- Add a health promoting food or beverage to any meal or snack
- Substitute a health promoting food or beverage for a less healthful food or beverage
- Create a complete balanced meal or snack



## Meal Planning 1-2-3 Framework

- A list of some health-promoting foods that are easy to find around campus or local grocery stores. Most people would benefit from eating more of these.
- A framework for timing eating occasions and creating a balanced meal.
- A tool to assess health-promoting foods you might be missing out on

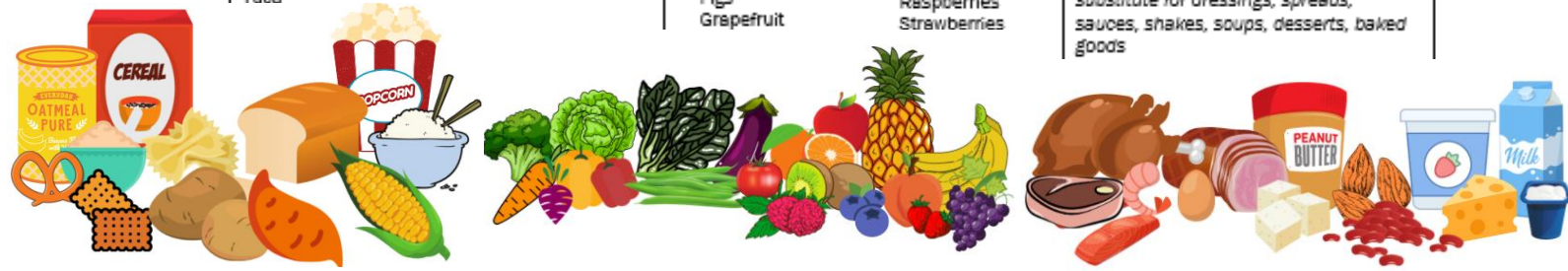
What it is NOT:

- A list of 'good' or 'allowed' foods: There is no such thing as a 'good' or 'bad' food!





Meal Planning 1 + 2 + 3		
1. Energy You Need Right Now Whole Grain or Starchy Vegetable	2. Filling Power Non-Starchy Vegetable or Fruit	3. Protein to Make it Last Dairy/Alternative or Meat/Alternative
<p><b>Grains:</b></p> <p><b>Whole Grain Breads:</b>                      Bagel                      Sliced Bread                      English Muffin                      Roll/Bun                      Naan                      Tortilla                      Crepes/dosas/appam                      Pita                      Roti</p> <p><b>Whole Cooked Grains:</b>                      Buckwheat                      WW Couscous                      Farro                      Millet                      WW Pasta/                      Noodles                      Quinoa                      Sorghum                      Brown &amp; Wild Rice</p> <p><b>Whole Grain Cereals:</b>                      Cheerios®                      Wheaties®                      Oatmeal                      Brown Rice Crisps                      Kashi® 7 Whole Grain Varieties                      Shredded Wheat                      Rice Chex</p> <p>Popcorn</p> <p>** Consider choosing grains that are whole, which contain more protein and fiber compared to non-whole grains. **</p> <ul style="list-style-type: none"> <li>_____</li> <li>_____</li> <li>_____</li> </ul>	<p><b>Non-Starchy Vegetables:</b></p> <p>Leafy Greens:                      Romaine                      Spinach                      Swiss Chard</p> <p>ABCs:                      Asparagus                      Beets                      Bell Peppers                      Bok Choy                      Broccoli                      Brussel Sprouts                      Cabbage                      Carrots                      Cauliflower Celery                      Cucumbers</p> <p>Eggplant                      Green Beans                      Jicama                      Kale                      Mushrooms                      Okra                      Onions                      Seaweed                      Snow Peas                      Tomatoes                      Watercress                      Yu choy</p> <ul style="list-style-type: none"> <li>_____</li> <li>_____</li> <li>_____</li> <li>_____</li> </ul>	<p><b>Animal Proteins:</b></p> <p>Poultry (skinless): chicken, turkey                      Shellfish: shrimp, scallops, clams, oysters, mussels                      Fish: cod, flounder, trout, canned light tuna, salmon, mackerel, anchovies, sardines, pollock (imitation crab)                      Pork: Canadian bacon, tenderloin                      Beef: round/sirloin/flank steaks, lean ground beef, tenderloin                      Egg</p> <p><b>Plant Proteins:</b></p> <p>Nuts/Seeds (Sprinkle on hot cereal, <u>salads</u> or stir-fried vegetables)                      Nut Butters                      Beans/Peas/Lentils                      Tofu                      Tempeh                      Seitan                      Roasted Soybeans                      Hummus                      Falafel Patty                      Soy or Bean Burger Patty</p> <p><b>Dairy:</b></p> <p>Milk                      Yogurt/ Greek Yogurt                      Hard Cheese                      Shredded Cheese                      Cottage Cheese</p> <p><b>Non-Dairy Alternatives:</b></p> <p>Calcium-fortified Soy                      Calcium-fortified Soy Yogurt                      Calcium-fortified Soy Cheese                      Calcium-fortified Tofu                      Silken type can serve as a dairy substitute for dressings, spreads, sauces, shakes, soups, desserts, baked goods</p>
<p><b>Starchy Vegetables:</b></p> <p>Corn                      Potatoes                      Plantains                      Sweet Potatoes                      Taro                      Winter Squashes:                      Acorn, Butternut, Kabocha, Pumpkin                      Yuca</p>	<p><b>Fruits:</b></p> <p>Apples                      Apricots                      Bananas                      Blueberries                      Cherries                      Cantaloupe                      Clementines                      Figs                      Grapefruit</p> <p>Mangoes                      Nectarines                      Oranges                      Peaches                      Pears                      Pineapple                      Plums                      Raspberries                      Strawberries</p>	



# 1. Whole grains and starchy vegetables

*\*Energy Boost\**

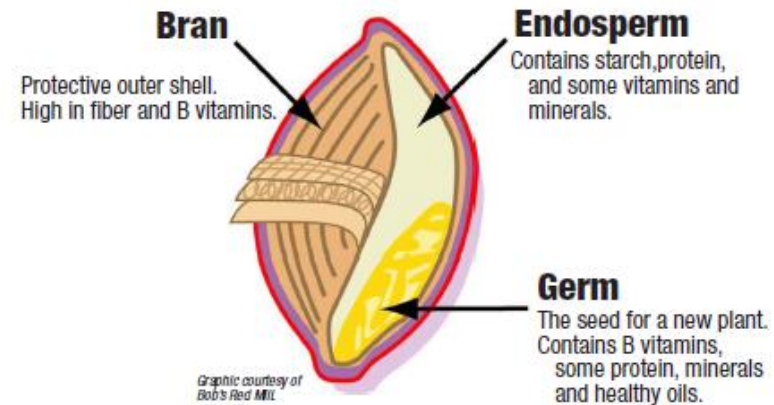
- Provide carbohydrates, fiber & other essential nutrients
  - Quick energy
  - Expected satiety typically **1-2 hours**

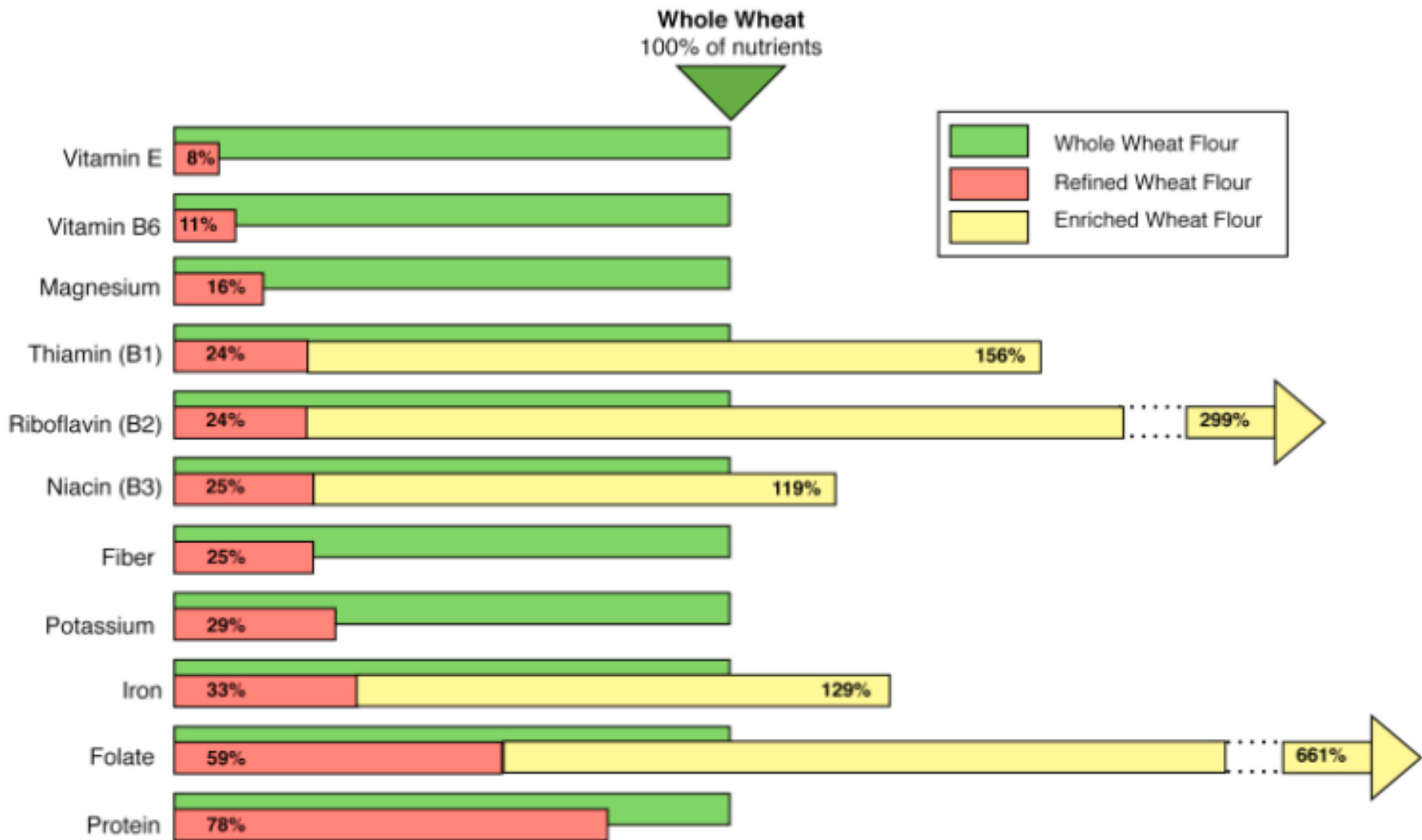


## Whole vs. Refined Grains

- **Nutrition Density**
  - Micro and macronutrient composition altered when bran and germ are removed
  - Protein, fat, fiber
  - Enriched – B vitamins, iron, folate
- **Costs**
- **Prep**
  - Longer prep time for whole grains

### What is a Whole Grain?





# Examples of Whole Grain/Starchy Vegetables

## Whole Grains

- Whole wheat, whole rye, or whole barley  
(bread, pasta, crackers, cereal)
- Oatmeal, oats
- Brown rice, wild rice, brown rice noodles
- Popcorn, whole corn, whole corn meal, polenta
- Quinoa, amaranth, millet, farro, teff, sorghum, freekeh and many more

## Starchy Vegetables

- Sweet potatoes/yams, potatoes, corn, cassava, yucca, taro, winter squash (pumpkin, butternut, acorn), plantains



## 2. Whole fruits & Non-Starchy Vegetables

*\*Filling Power\**

- Essential vitamins, minerals and beneficial plant chemicals
  - Variety is key! But, if you only like a few varieties of F/V, choose them as often as able
- Frozen and canned varieties reduce cost without compromising nutrition
  - Fullness from fiber and water content **lasts up to 1-2 hours**



### 3. Protein-Rich Foods

*\*Lasting Satisfaction\**

- Proteins are the building blocks of cells
- Provide satiety for up to **4 hours** after eating



## What about everything else?

- Heart-healthy oils to flavor and prepare foods
  - Essential for brain function, satiety, and absorption of fat-soluble vitamins (A, D, E, K)
  - Olive, canola, vegetable, sesame, sunflower, and peanut oil (among others), olives, avocados, nuts/seeds
- Pleasure foods
  - Some foods are less health-promoting and we don't NEED them to survive...
  - BUT they give us pleasure! That's important too.





## Budget Considerations

- Bring a shopping list
- Plan your meals
- Timing your shopping
  - Wednesday afternoons
  - Sales cycles
- Shrinkflation
  - Look at price per unit
- Limiting ready prepared foods
- Shop online for non-perishables
  - Consider buying in bulk
- Buy perishables in quantities you'll use
  - Local; seasonal
  - Opt for frozen options
- Buy meat and cereals in bulk
- Meat is usually the most expensive meal component
  - Ground beef sub: beans, lentils, mushrooms
  - Chicken sub: white beans, extra veggies
- Proper Storage



**Plan-It-Out**  
**Discovering Nutrition Opportunities**

- Consider meals every 3-4 hours, snacks between as needed.

*When during the day do you feel a dip in energy?*

*Are there meals you approach feeling very hungry/starving?*

*Where can you add a meal or snack?*

- Aim for 3-step meals (protein, starches, fruits/veggies). Heart healthy fats such as oils, avocado, nuts/seeds add flavor and help with fullness.

*Where can you add a type of food in your day?*

<b>Time</b>	<b>Meal/ Activity</b>	<b>Energy/Emotions/Other</b>
6 am		
7 am		
8 am		
9 am		
10 am		
11 am		
12 pm		
1 pm		
2 pm		
3 pm		
4pm		
5 pm		



# Contact Us

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