Navigating Nutrition

Eating in Periods of Stress

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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

<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td>Whole Grain or Starchy Vegetable</td>
<td>Non-Starchy Vegetable or Fruit</td>
<td>Dairy/Alternative or Meat/Alternative</td>
</tr>
<tr>
<td><strong>Whole Grain Breads:</strong></td>
<td><strong>Non-Starchy Vegetables:</strong></td>
<td>Animal Proteins:</td>
</tr>
<tr>
<td>Bagel</td>
<td>Leafy Greens:</td>
<td>Poultry (skinless): chicken, turkey</td>
</tr>
<tr>
<td>Sliced Bread</td>
<td>Romaine</td>
<td>Shellfish: shrimp, scallops, clams, oysters, mussels</td>
</tr>
<tr>
<td>English Muffin</td>
<td>Spinach</td>
<td>Fish: cod, flounder, trout, canned light tuna, salmon, mackerel, anchovies, sardines, pollock (imitation crab)</td>
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<tr>
<td>Roll/Bun</td>
<td>Swiss Chard</td>
<td>Pork: Canadian bacon, tenderloin</td>
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<tr>
<td>Naan</td>
<td>ABCs:</td>
<td>Beef: round/sirloin/flank steaks, lean ground beef, tenderloin</td>
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<tr>
<td>Tortilla</td>
<td>Asparagus</td>
<td>Egg</td>
</tr>
<tr>
<td>Crepes/dosa/appam</td>
<td>Beet</td>
<td>Nuts/Seeds (Sprinkle on hot cereal, salads or stir-fried vegetables)</td>
</tr>
<tr>
<td>Pita</td>
<td>Bell Peppers</td>
<td>Nut Butters</td>
</tr>
<tr>
<td>Roti</td>
<td>Bak Choy</td>
<td>Beans/Peas/Lentils</td>
</tr>
<tr>
<td>Sorghum</td>
<td>Broccoli</td>
<td>Tofu</td>
</tr>
<tr>
<td>Brown &amp; Wild Rice</td>
<td>Brussel Sprouts</td>
<td>Tempeh</td>
</tr>
<tr>
<td>Popcorn</td>
<td>Cabbage</td>
<td>Seitan</td>
</tr>
<tr>
<td><strong>Whole Grain Cereals:</strong></td>
<td>Carrots</td>
<td>Roasted Soybeans</td>
</tr>
<tr>
<td>Cheerios ®</td>
<td>Cauliflower</td>
<td>Seaweed</td>
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<tr>
<td>Wheaties ®</td>
<td>Cucumbers</td>
<td>Snow Peas</td>
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<tr>
<td>Oatmeal</td>
<td>Tomatoes</td>
<td>Watercress</td>
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<tr>
<td>Brown Rice Crisps</td>
<td>Cucumbers</td>
<td>Yu choy</td>
</tr>
<tr>
<td>Kashì 7 Whole Grain Varieties</td>
<td>Shredded Wheat</td>
<td>Rice Chex</td>
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</tbody>
</table>

**Consider choosing grains that are whole, which contain more protein and fiber compared to non-whole grains.**

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<table>
<thead>
<tr>
<th>Starchy Vegetables:</th>
<th>Fruits:</th>
<th>Non-Dairy Alternatives:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Corn</td>
<td>Apples</td>
<td>Calcium-fortified Soy</td>
</tr>
<tr>
<td>Potatoes</td>
<td>Apricots</td>
<td>Calcium-fortified Soy Yogurt</td>
</tr>
<tr>
<td>Plantains</td>
<td>Bananas</td>
<td>Calcium-fortified Soy Cheese</td>
</tr>
<tr>
<td>Sweet Potatoes</td>
<td>Blueberries</td>
<td>Calcium-fortified Tofu</td>
</tr>
<tr>
<td>Taro</td>
<td>Cherries</td>
<td>Silken type can serve as a dairy substitute for dressings, spreads, sauces, shakes, soups, desserts, baked goods</td>
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<tr>
<td>Winter Squashes: Acorn, Butternut, Kabocha, Pumpkin</td>
<td>Cantaloupe</td>
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<tr>
<td>Yuca</td>
<td>Clementines</td>
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<tr>
<td></td>
<td>Figs</td>
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<td>Grapefruit</td>
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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
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

![Protein-rich foods images]
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?

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<tr>
<th>Time</th>
<th>Meal/ Activity</th>
<th>Energy/Emotions/Other</th>
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<td>6 am</td>
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<td>5 pm</td>
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Contact Us

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