“Mindfulness”

Mindfulness is simply the moment by moment awareness of life. But it’s not always so simple. We easily can get caught up in our own thoughts and self-talk, so that we are scarcely aware as life passes us by. This is very true of our eating. We eat meal after meal, snack after snack, barely aware of what we’re eating and how much we’re consuming.

Mindfulness is a return to paying attention to life. When we pay attention to our food—really pay attention—we begin to notice all sorts of wonderful aspects of the food, and become aware of how much we’re putting into our bodies.

“Mindful Eating”

- Allow yourself to become aware of the positive and nurturing opportunities that are available through food preparation and consumption by respecting your own inner wisdom.

- Choose to eat food that is both pleasing to you and nourishing to your body by using all your senses to explore, savor and taste.

- Acknowledge responses to food (likes, neutral, or dislikes) without judgement.

- Learn to be aware of physical hunger and satiety cues to guide your decision to start and stop eating.
**Recipe of the Month:** “Healthy Kale & Potato Hash”

**INGREDIENTS:**
- 8 cups torn kale leaves
- 1/4 tsp salt; 1/2 tsp fresh ground pepper
- 2 TB horseradish
- 2 cups shredded potatoes
- 1 medium shallot, minced
- 2 Tbsp olive oil

**YIELD:** (6) 3/4 cup servings

**INSTRUCTIONS:**
1. Place kale in a large microwave-safe bowl, cover, and microwave until wilted, about 3 minutes. Drain, cool slightly, and finely chop.

2. Meanwhile, mix horseradish, shallot, pepper, and salt in a large bowl. Add the chopped kale and potatoes; stir to combine.

3. Heat oil in a large skillet over medium heat. Add kale mixture; spread into an even layer and cook, stirring every 3-4 minutes and returning the mixture to an even layer until potatoes begin to turn golden brown and crisp.

**NUTRITION INFORMATION:**

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Remember to schedule follow-up appointments with your Bariatric Surgeon!

NEXT SUPPORT GROUP MEETING:
April 4th, 2012; 6 pm
Becic Dining Room - CUMC
“Vitamins, Minerals, and Malabsorption Issues”