

## Mindful eating in May

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Mindful eating is the practice of paying full attention to the experience of eating. The benefits of mindful eating go beyond weight management. It can help avoid overeating, improve digestion, make healthier choices and foster a better understanding of your body's hunger and fullness cues!

### Five Tips for Practicing Mindful Eating

1. Remove distractions like cell phone or TV
2. Eat slowly, it takes about 20 minutes for the brain to sense and send signal to the stomach that you are full!
3. Engage your senses
4. Check in with your hunger and fullness cues
5. Practice gratitude

### Featured Recipe: Three Ingredient Protein Pancakes



- ½ cup cottage cheese (or substitute with low fat greek yogurt)
- ½ cup of rolled oats
- ½ cup of egg whites (or 2 full eggs)
- Olive oil cooking spray

### Directions

1. Add cottage cheese, oats, and egg whites to a blender and blend until smooth
2. Heat a frying pan on med-high heat and spray with cooking spray

3. Pour batter onto frying pan and let cook for about 5 minutes
4. Flip and cook until both sides are lightly browned and the inside is dry, Enjoy!

**Macros per serving: Calories: 334/ Protein: 35g/ Carbs: 32g/ Fat: 7g**

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