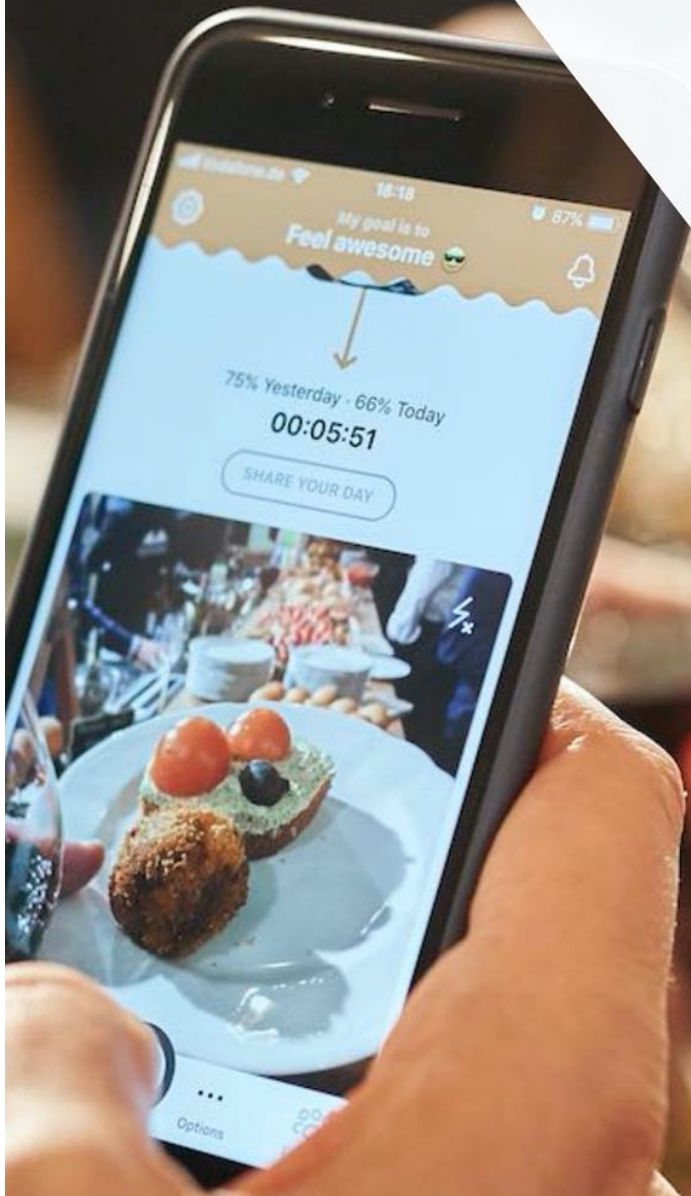


# Building Healthy Habits with



## Part One Eating Habits



## **The mindful food journaling app**

Build a path towards your healthiest self yet!



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# Disclaimer

We are not medical professionals. Life experiences and stories we share should not be considered as medical advice. If you have a medical condition, please visit a licensed health professional.

The included material has been reviewed by health professionals with their OK on the content provided.

Always remember to take everything with a grain of salt and most importantly remember MODERATION.

We hope you find this informative and a helpful starting point to your health journey!

The Ate team





Part 01

# Eating Habits

Building small habits into your everyday.



## Introduction

# Eating Habits

There are many different eating habits that you've probably come across. All of them have pros and cons based on the type of person that you are and your lifestyle. Your day to day life will dictate your eating habits and what works for you and doesn't.

Because of this, we've put together this guidebook to help share some eating habits that you can incorporate into your life and see if they work (you'll also be able to find these in the **Ate** app, called experiments!)

***Try an eating habit and see if it is something that can make a difference for you.***

Is it something that is helping you build healthier habits? Or does it simply not work for you? In which case try something new!

It's important to remember that although what you eat is important, your eating habits are just as important too!

### What you'll find:

- Different habits to try & experiment with
- Ways to slowly incorporate them into your lifestyle
- Why they are important
- Tips & Tricks
- Personal stories to help you on your own journey





# Eat When You're Feeling Hungry, Not When You're Feeling Emotional

Emotional eating (or stress eating as some like to call it) is using food to make yourself feel better. However, emotional hunger cannot be filled with food. Eating may feel good at the moment, but the feelings that triggered the eating are still there.

## Tips

Healthier alternatives to handle your emotions rather than turning to food

- If you're depressed or lonely - call someone or look through some of your pictures on your phone to look back on those great memories
- If you're anxious, use your nervous energy to dance, squeeze a stress ball or take a fast walk
- If you're exhausted, drink a hot tea, or lay down for a nap
- If you're bored, read a good book, watch a show, go outside, or find an activity that you enjoy doing.



## Personal tip

When I'm feeling stressed and want to turn my brain off, I resort to baking. Usually, I would be opening up the fridge or the cabinets looking for the next thing to eat but being able to turn off my brain and focus on the recipe I'm able to let go of my emotional eating habits. Even more surprising, once I am in the motions of baking and cooking, my mind is off of food and I don't care for tasting the food along the way.

# Be Kind to Yourself

Being kind to yourself allows you to reduce the chance of stress eating or emotional eating. Empathy and kindness allows people to stick to their goals because it allows them to manage their emotions. And often times, unhealthy eating behaviors are driven through difficulties with regulating our emotions.

## When You're Kind:

- You are able to stay motivated even if you have a slip-up on the eating plan that you are working on
- You have a better outlook on a healthy body image
- There's less shame and guilt surrounding you on your journey
- You are able to accept how you are both on the inside and the outside





# Enjoy Meals Without Guilt

Feeling guilty about what you eat will take the fun out of going out to eat or enjoying social events.

## Tips

1. Avoid nutritional mandates - rather listen to your hunger cues and also how you feel overall
2. Honor your hunger - just because it is lunchtime does not mean you have to eat at noon. Eat when you're hungry and stop when you are full
3. Let your weight work itself out - when you stop food shaming, you find peace with food and you become more relaxed



## Personal tip

Guilt eating usually occurs when you have to change up your normal habits. This means eating out, eating with others that you normally don't eat with and also holidays.

The scene of more people and all the food in front of me always had me eating past fullness. It wasn't until this recent holiday season that I was able to listen to my hunger cues no matter what situation I was in. This takes time.

Being able to enjoy the foods without guilt will take time and practice. Don't fear the social events nor the meals that you wouldn't normally eat, but rather embrace them as learning experiences and enjoying the time rather than stressing.

# Cook More Often

There are many benefits of eating home-cooked meals! Below you'll find some reasons to motivate you to skip the fast food place down the corner and spend a little more time in your kitchen!

## Some benefits include:

- Being aware of what goes into the pot or pan. This is especially important to individuals that have food allergies or sensitivities!
- Higher nutritional content found in the meal that you are making at home. It'll make the meal healthier as well (and who doesn't want that?)
- You are performing food safety by handling and cooking the food properly and preventing yourself from obtaining any food-borne illnesses that can be associated especially with meats.

- You have the chance to savor your food, practice mindfulness and appreciate the food that was made.
- You are able to practice portion control which gets neglected at a restaurant (portions at restaurants tend to be 2x the size of a regular meal)

If you have the chance try to make time to cook at home. Not only will you feel better but you will also be more aware of **what** you are eating and **how** you are eating the food.



# (If NOT Cooking More Often)

## How to Make the Most of A Restaurant Experience

We do realize that cooking from home is not always an option especially for larger gatherings. So when you do go out to eat here are some things to keep in mind (or another way to think of it as the downsides of cooking at home)

### **Downside of cooking at home:**

- Cleaning up after yourself
- Carrying all your homemade food in tupperware can be tiresome (and annoying)
- When you cook at home you may not know all the best places to eat out as it takes time trying things out
- When home, you get accustomed to your own taste buds making it sometimes difficult to please others and their taste buds. With the the right restaurant, everyone with their eating habits and restrictions can choose from the many options the menu has to offer.

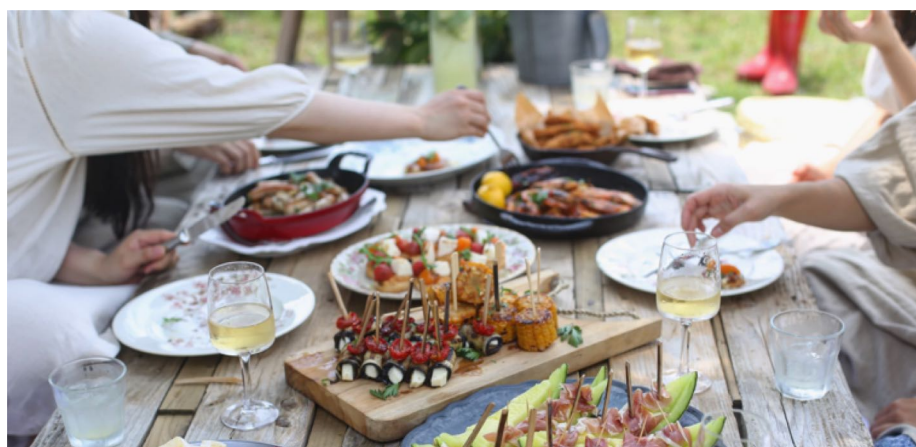
### **Benefits of a Restaurant:**

- Take the pressure off of yourself when entertaining more people! Go out to eat and enjoy each others' company instead.
- Eating out gives you the possibility of trying new flavors (giving you ideas for things to cook at home!)
- The chances are you won't have many indulging desserts at home like a restaurant has to offer. Have a slice or a piece instead of an entire batch at home. When you do go out, you have the chance to eat a little off path and enjoy something that you normally do not.

It definitely is more beneficial to eat at home, but eating out can have its perks too when you find the right restaurant.

# Eat With Friends

There can be great benefits to eating with friends. This does not necessarily mean that you have to go out to a restaurant in order to enjoy each other's company either! You can all gather at one person's house and cook a healthy nutritious meal together to share.



## Why eat with friends?

1. It can increase happiness and help alleviate depression
2. It helps incorporate mindful eating habits. With friends, you think twice about taking an extra serving of food, whereas if you are eating alone at home, you can have the tendency to eat out of the Tupperware that may have been stored for 4 servings.
3. When sitting down at a dinner table with others, you are encouraged to talk during the meal, which slows down the speed at which you consume your food. When you eat slower, you can feel fuller faster whereas eating alone, you eat quicker and intake more food than necessary.
4. With face-to-face interaction you make healthier choices whereas eating alone can lead to unintentional food choices.

Be mindful, when planning a potluck dinner with friends, have healthy options. Also, be aware of the social overeating trap because eating habits can be contagious!



# Keep A Healthy Snack on Hand

Starting to get hungry before your next meal? Don't over eat or else the meal will be pointless, rather have a healthy snack on hand for the times you feel like you can't wait another 40 minutes or so!

## Best Options:

- hard-boiled eggs
- apples
- grapes
- avocado
- pears
- tomatoes
- tuna in water
- strawberries
- even oatmeal

To stay on path with having snacks throughout the day, it's key to have smaller meals but frequently. The hardest part is making sure that you are not over eating during the meals or else the snacks are pointless. Other important factors when snacking is to make sure that you are surrounded by healthy snack options. Big temptations can defeat the purpose of healthy snacking.



Food should be used as fuel and not as a source of coping. The ideal snack should be a source of protein, low sugar fruits, whole grains or vegetables in order to satisfy your hunger quickly. Limit white carbs when you feel the need for a snack because even though you will have a quick high, it will soon be followed by a quick crash in energy as well.

## Snacking can improve overall health!

- It helps to curb cravings
- Boosts your mood
- Increases brain power
- Gives you the extra energy that you need during the day to keep going.

# Eat Better, Not Less

Think about quality over quantity.

The quality of the food you consume should be of the best kind.

If you manage to fill your plate with healthy nutrients then you can consume a plateful that will sure to make you full as opposed to eating foods that are filled with empty calories. If you are eating junk food but consuming less, you are not allowing your body to receive adequate fuel for its daily needs.

There is no reason to restrict food if you are eating the right kind of food.



## **This means...**

- Little to no saturated fat and/or trans-fats in the foods that you are eating
- Little to no added sugars
- Have high nutritional value that can help fuel the body
- Has adequate amount of complex carbs, proteins and fats
- Has vitamins and minerals

# Simple Is Good

Did your grandparents eat that?

Would your grandparents know what that was?

Keep your food options simple. The simpler they are the healthier and more natural the source is. Keep your ingredients to a minimal in order to reduce any extra add-ins which you may not even know what they are!



## Personal Tip

If you are someone that suffers from food allergies, or is simply prone to allergies keeping your food simple is key. The amount of additives and preservatives found in foods can trigger allergic reactions that you may not of even known of! Being able to name all the ingredients on a package is sure to show you that it is simple especially when you can identify each ingredient separately!



# One Meal = One Plate

A healthy breakdown of food during the day is 5 small meals (but this does differ from person to person - for some it works for some it does not). This allows the body to digest the nutrients without being overwhelmed with a quick intake of too much food at once.

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When you sit down to eat, leave the prepared food on the kitchen counters, pick up your food and sit down at the table. This will help to not go for seconds.

Of course you can have the same food again, but wait a little bit. Take time for the food you just ate to digest before you go helping yourself for another serving.

If you are having a hard time feeling full, have a cup of water before you sit down for your meal and have one after as well. This will help with the feeling of fullness and will help you to using a single plate amount for one meal rather than going for seconds immediately.

If you begin to get hungry before a meal or an hour after, have a light healthy snack to keep you functioning and to help you when the hanger strikes (the anger that comes about when you are hungry).

Once you get used to using one plate per meal, it will come naturally and your stomach and your digestive tract will thank you in the end. You will be able to avoid the food coma that comes about after eating too much food all too quickly, which usually happens around the holidays.





## One Meal = One Plate

Here are some other tips to help you in having one meal per one plate.

### Ask yourself these questions:

- How full are you after your first plate of food?
- Do you really need seconds or thirds of a meal?
- How fast did you eat your meal?

If you are able to gather the three important nutrients onto one plate serving: complex carbs, proteins, and fats, then one plateful should be enough.

By adhering to one plate per meal, you are more likely than not already at the 80% full mark—just the right amount of fullness that you want to strive for.

### How to make the most of one plate per meal:

- **Eat when you ARE hungry**—make sure you are not mistaking hunger for thirst or being tired. Starting to get hungry, go ahead and eat.
- **Eat slower**—it takes 15–20 minutes for your brain and stomach to communicate with one another.

- **Eat with NO distractions**—this is not the time to scroll through social media. Pay attention to what you are eating instead.
- **Put down your fork**—don't do this when all the food is gone. After every few bites, put down your fork (chew, swallow, even have a conversation)
- **Eat your favorite part first**—when your goal is to eat yourself 80% full, don't leave the best for last! Maybe those first few bites will make you feel satisfied. There is NO shame in leaving food on your plate. BE SELFISH and eat the best first. (Maybe even try having dessert first! No more needing to make room for dessert at the end, start with the dessert and see how you feel!)
- **Don't stress**—if this is your favorite meal and you could eat endless amounts of it, it's not going to run away and disappear. This is NOT your last meal. You can eat it again later today, later next week, later in the month—your choice. (Note: buffets can be difficult especially when they are all you can eat—don't test your one plate challenge in that situation if you are working on hunger cues)



## No Snacking After Dinner

You had your dinner, but you're still awake doing things around the house or spending time with friends or family. It's not time for bed but the hunger strikes. Avoid the late night empty calories, because face it, we know you aren't reaching for the broccoli and grilled chicken in the fridge after 10pm.



### What to do?

- Drink a glass of water and go to bed as soon as the hunger strikes
- Drink a warm decaf tea, the flavor of something else can sooth the hunger feelings
- Brush your teeth – you are less likely to start snacking

If you skip out on eating a snack before bed, you are sure to eat the most important meal the next day: breakfast!

# No Eating While Watching TV

Those meals that you eat in front of the TV are considered to be some of the most mindless meals.

## Do you know why?

- You are likely to eat more
- The TV distracts you and can change your eating behavior by not realizing your “internal processing food cues”
- It lowers your metabolic rate
- You become tempted to eat following meals or snacks (won't feel satisfied as quickly)
- Prone to eating unhealthy foods



# Make Smart Decisions When Eating Out (& On the Go)

How to make a smart decision when you go out to eat or when you're on the go?



## What to do?

- Keep it simple!
- Don't forget there are just as many grocery stores and convenience stores in the area as fast food locations! Take a few extra minutes to pick up some fruits & veggies rather than opting for a Big Mac.
- Driving somewhere? Need to stop in a fast food place? Make smart choices. If you typically don't eat fried food, don't choose a fried food option - you're more than likely to feel unwell!
- Flying? Bring some snacks that you would normally eat at home and pack them in your carry-on or make sure you have a meal before you leave the house. Airports still don't have the vast options that other places normally would but you can still find some things that will keep you full longer rather than opting for the chocolate bar or the bag of chips!
- Eating out at a restaurant? Make sure to speak up and ask your waiter to change some things around. Don't be nervous, the worst that they can say is "no" - they're not going to bite your head off for asking!





# Intermittent Fasting (IF)

Intermittent fasting allows a person to have an eating pattern where they cycle between eating and fasting. We are giving ourselves a shorter time frame to eat food. Having a longer period of fasting is actually beneficial to our bodies and our brain.

## Benefits of IF:

1. It changes the function of cells, genes and hormones. Interestingly the body induces important cellular repairs such as removing waste material from the cells which would not be as likely if we did not give our bodies the time to fast.
2. It can reduce insulin resistance, help with oxidative stress and can also help inflammation in the body.



## IF Examples:

- Eat from 12pm-7pm (17 hour fast)
- Eat from 8am-4pm (16 hour fast)
- Eat from 10am-8pm (14 hour fast)
- Eat from 8am to 6pm (14 hour fast)

Find what works for you! (the above mentioned are just examples, find one that works with your everyday schedule and your lifestyle)

## How IF works:

When we are in the eating cycle, our bodies are working 3-5 hours to digest and absorb that food. During this time it is hard to burn fat because our insulin levels are still high.

Once the body is done absorbing the food, it goes into the post-absorptive phase, which is 8-12 hours after your last meal. During this time the body is able to burn the fat that it normally does not have a chance to reach.

This 8-hour eat, 16-hour fast period is beneficial to those that enjoy having lunch and dinner with co-workers, friends or family. They do not mind skipping out on breakfast or making a meal as soon as they wake up in the morning to have food to begin their day. A 16-hour fast is more typical for men, but it varies with everyone.

# Listen to your Cravings & Eat Cravings in Moderation

Are you craving a chocolate chip cookie or a slice of pizza? Adhere to your cravings, and allow yourself to have some.

Remember to eat them in moderation and not every day. When you allow yourself your cravings every so often they taste that much better!

An important part is to reflect on these cravings. That's when you really understand **WHY** it is that you crave them?



# Eat Without Your Phone

Are you constantly looking at your phone during meals? Do you pay attention to your meal or what you're actually eating? Put down your phone, and if you are surrounded by people, engage in conversation or appreciate the flavors and tastes that your meals provide you with.



## **Eating WITH a phone:**

- Makes you distracted
- You do not pay attention to the meal
- Makes you eat more during the meal

# Pregnancy Plan

**Always remember to discuss your plans with your doctor!**

Stay physically active but listen to your body when things get to be too difficult or strenuous. At any point, discuss with your doctor any changes or anything that may seem off!

## Stay healthy & mindful while pregnant:

- Choose nutritious foods and drinks to meet your energy needs
- Plenty of vegetables of different types and colors
- Avoid vegetables that make you bloat
- Fruits
- Grains
- Lean meats and eggs for protein
- Milk, yogurt cheese and/or their alternatives
- Drink plenty of water!
- Enjoy a variety of nutritious foods
- Limit foods with saturated fats, added sugars, added salts
- No alcohol
- Care for your food, prepare it and store it safely

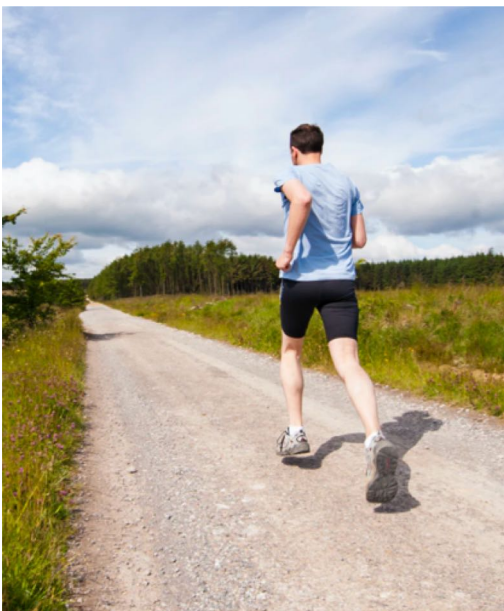




# Pay Attention to Sugar for Pre-diabetes

**Most importantly:  
Consult with your doctor!**

Pre-diabetes is a very early form of diabetes. The first thing you should know about pre-diabetes is that it is reversible and does not have to lead to full blown diabetes. However you must take proactive steps in order to get your health back in order



## Steps to reverse pre-diabetes:

- Lose weight at a healthy pace
- Change the way you eat and incorporate more vegetables and whole foods into your diet
- Increase your level of exercise

# Eat A Healthy Balanced Breakfast

If you need a meal to get you going throughout the day make sure to choose healthy options for breakfast that contain protein, fresh veggies and healthy fats to keep you fueled till your next meal. Moderate the sugary breakfast as those will cause crashes early in the morning!



## Healthy Breakfast Ideas:

- Eggs
- Cheese
- Tomatoes or veggies of your choice
- Whole wheat bread if you need something a little more filling
- Oatmeal
- Greek Yogurt

# Don't Eat Too Much Of Any One Thing

Even nutritious food can be too much of a good thing if you eat it in a large quantity at once or too often. Overdoing any one food will leave less room for other foods that can provide a different mix of nutrients.

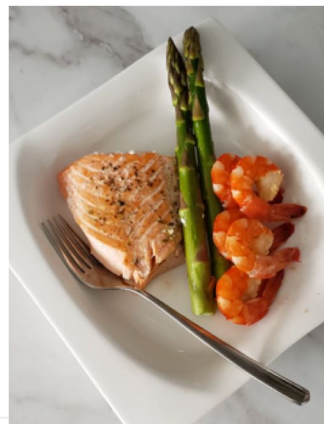
**The key → moderation with everything!**

## How to do this?

Try eating the rainbow over the course of the week. This will allow you to absorb nutritional benefits through a mixture of different foods and not rely on just one nutritional ingredient from one type of healthy food? A variety is the way to go!



Here are some healthy choices that you can have throughout the week and vary in color!



# Pay Attention to Portions

A portion is how much food you eat at one time (at a restaurant, from a package, or at home). The right portions are not necessarily those they serve or is written on the packaging. The right portion is the one where you are not stuffed, but feel just right after eating!

## Tips to be mindful of your portions

### Eating at home:

- Eat your meals from a plate instead of straight out of the box or bag
- Avoid eating in front of the TV, while driving, walking, or while you are busy with other activities.
- Focus on what you are eating, chew your food well, and fully enjoy the smell and taste of your food.
- Eat slowly so your brain can get the message that your stomach is full, which may take at least 15 minutes.
- Use smaller dishes, bowls, and glasses

### Eating out:

- Share a meal with a friend, or take half of it home
- Ask to have half your meal wrapped to-go before they even bring it out. This works great when you're part of the clean plate club - clean your plate twice with reasonable portions!
- Avoid all-you-can-eat buffets
- Order one or two healthy appetizers or side dishes instead of a whole meal.
- Ask to have the bread basket or chips removed - this way you're not tempted to overeat or feel full before you even have a chance to eat your meal
- If you have a choice, pick the small-size—rather than large-size for that drink, salad, or frozen yogurt. You'll be surprised that even the smaller size can fill you up when you take your time in eating the meal
- Stop eating and drinking when you're full. Put down your fork and glass, and focus on enjoying the setting and your company the rest of the meal



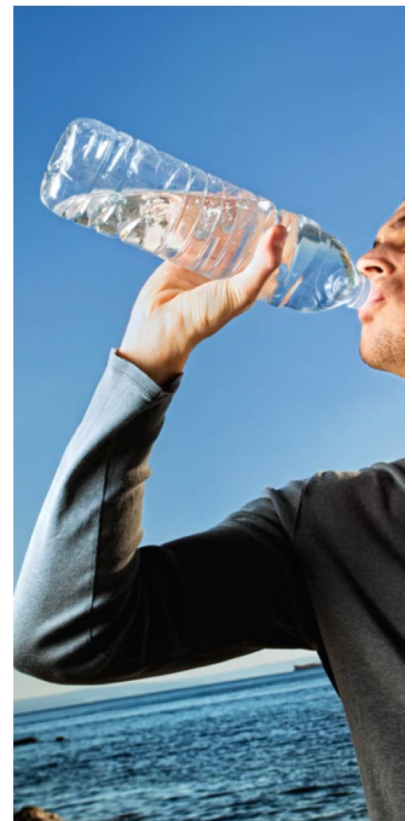


# Pay Attention to the Nutrients in your Food

Nutrients are a substance that provides nourishment essential for growth and the maintenance of life. There are many different nutrients with their own unique benefits and functions.

## Most essential daily nutrients:

- **Carbohydrates** - provide energy for the body and help stabilize blood sugar level
- **Protein** - help form muscles and create new enzymes and hormones
- **Fat** - provides energy, boosts absorption of vitamins
- **Water** - aids digestion, regulates body temperature
- **Vitamins** - found in fruits and vegetables (Vitamin A, B, C, D, E, K)
- **Minerals** - sodium, iron, potassium
- **Calcium** - vital for bone health, involved in muscle contraction, nerve function and blood flow
- **Sodium** - regulates fluid balance, keeps nerves and muscles working
- **Potassium** - maintains fluid balance, stabilizes blood pressure
- **Omega-3** fatty acids - optimize brain health, help prevent heart disease
- **Vitamin D** - necessary for absorption of calcium, strengthens immune system



# How to practice this in the Ate app?

When journaling in **Ate**, choose one (1) experiment at a time to focus on.

Then, journal all your foods that you eat. If you're able to follow that experiment, mark it On-path. If you're unable to follow the experiment for that meal, then mark it Off-path.

Simply working on your eating habit from one meal to the next in these small increments will help you to start building better eating habits!

Have that experiment down? Then move onto the next experiment! OR if that first experiment just isn't working for you and your lifestyle, try another experiment!

And don't forget, YOUR food journal is for YOUR eyes only (unless you decide to share)! Make sure to journal everything to get the best results in becoming YOUR healthiest self!



# Try an experiment today!

And share this guide with others to help  
them build healthier habits too!

Or check us out below  
[www.youate.com](http://www.youate.com)

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