

# Mno-Bmadzewen

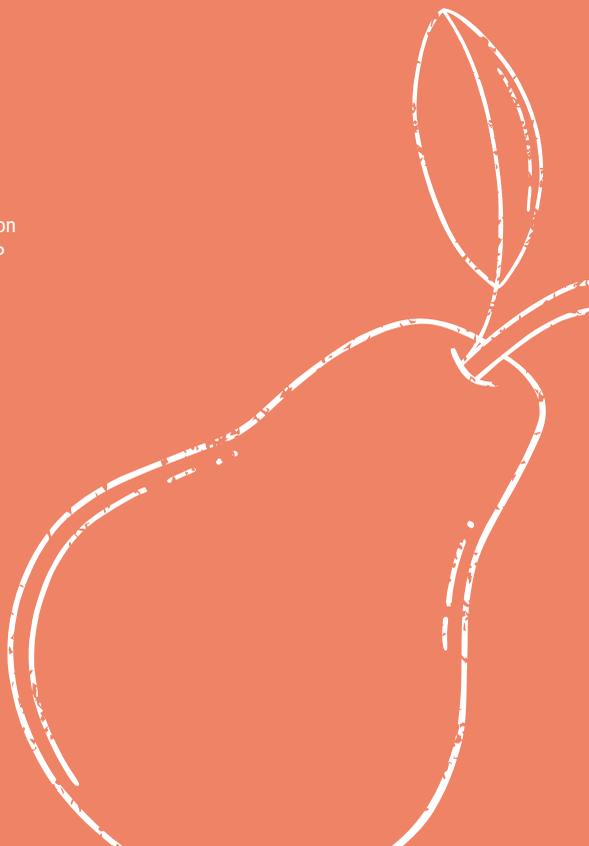
Living in a Good Way | Volume 6 | June 2020



## News

### Farmers Market Nutrition Program

From June to October, Tribal Elders can sign up to receive a total of \$100 to spend on produce at local farmers markets. For more information or to register, contact NHBP Registered Dietitian Erin Stark at [erin.stark@nhbp-nsn.gov](mailto:erin.stark@nhbp-nsn.gov) or 269.704.4180.



## Recipe: Simple Salmon Cakes

### Ingredients:

- 1 7.5-ounce can salmon, skin removed
- ¼ cup plain, dry bread crumbs
- ½ cup finely chopped red onion
- 2 tablespoons chopped fresh dill or 1 teaspoon dried
- 1 egg, lightly beaten
- 1 tablespoon reduced-fat mayonnaise
- 2 teaspoons horseradish
- Nonstick spray



### Nutrition Information *For two patties*

- 11 grams of fat
- 280 calories
- 16 grams of carbs
- 27 grams of protein

### Instructions:

Mix all of the ingredients except the nonstick spray in a medium size bowl. Form four equal sized patties from mixture. Place a pan over medium-high heat and spray with nonstick spray. Place patties in pan and cook until golden brown on both sides, about 4-5 minutes on each side. Serve hot and enjoy!

# MINDFUL EATING

Mindful eating is a practice of bringing complete awareness to the food you are eating and how it makes you feel. Mindful eating focuses on eliminating distractions during meals so that one can place all of their attention on the food that is nourishing their bodies. There are numerous health benefits to mindful eating, such as an improved relationship with food, decreased stress, weight management and decreased overeating. To start practicing mindful eating just start with the BASICS, an acronym highlighting the process of mindful eating.

**B – Breathe:** Take a few breaths before you start your meal.

**A – Assess:** Assess your food, what does it look like, smell like and sound like?

**S – Slow down:** Try putting your fork down after every bite.

**I – Investigate:** Pay attention to your hunger during the meal so you can stop when you are full.

**C – Chew:** Chew each bite thoroughly.

**S – Savor:** Savor your food so you can enjoy what you are eating.

*Health topics discussed in this mailer are intended to provide general health information. For condition specific or personalized health information, please contact your medical provider or schedule an individual appointment at an NHBP Health Facility.*