

MARCH 2026 WELLNESS NEWSLETTER

MINDFUL EATING

This month's theme explores eating more mindfully for improved emotional and physical well-being. Mindful eating brings intention and focus to what and how we eat. Besides improving the enjoyment of your meals, mindful eating can help tune into your body's hunger and fullness cues, which may help prevent overeating and curb stress eating.



"If you want to put healthier eating habits on the menu, mindfulness maybe a simple and effective place to start! It's not about dieting or restrictions - it's about taking a moment to take it in."

MARCH FEATURED ARTICLES

[MINDFUL EATING](#)

[HOMEMADE HUMMUS RECIPE](#)

[WHY YOU SHOULDN'T EAT AT YOUR DESK](#)

[MONTHLY VIDEO](#)



[ELEVATE YOUR EVERYDAY: ONE HABIT AT A TIME](#)

Savor the Flavor

With each bite, identify flavors, textures, and aromas. With practice, mindful eating become easier as you get better at staying in the present moment.

Slow Down

Eating slower gives more time to be mindful. Take smaller bites, set down your utensils between bites, and chew thoroughly.

BENEFIT SPOTLIGHT: SEE A RD

Nutritional Counseling

A nutritionist or dietitian is an expert on food and nutrition. Their counseling and education can help you manage many common health concerns - and live your fullest life! Click "learn more" for details.

[LEARN MORE](#)

WATCH THIS VIDEO

Understand what to expect at a nutrition counseling visit from Whole Health Nutrition's RD, Gina Rancourt.



Check out our [Blue Sky VT Days](#) to learn more about free events for all Vermonters

SEEING A REGISTERED DIETITIAN FOR NUTRITIONAL COUNSELING CAN CHANGE YOUR LIFE

A nutritionist or dietitian is an expert on food and nutrition. Their counseling and education can help you manage many common health concerns – and live your fullest life!

A nutritionist or dietitian can help you address:

- Diabetes
- Weight management
- Food allergies
- General wellness
- Prenatal and postpartum nutrition
- Eating disorders
- Sports nutrition
- Digestive disorders
- Kidney disease



LIMITATIONS AND RESTRICTIONS

General cost-sharing, and plan provisions, apply. Please see your plan documents for benefit details and any additional limitations.

With Blue Cross and Blue Shield of Vermont, you have a choice of how and where you can schedule your visit!

IN OFFICE

To set up an appointment to see a registered dietician or nutritionist in your area, use the Find-Doctor tool on our website. Select "Registered Dietitian" or "Nutritionist" for a listing.

You must use a network provider.

ONLINE

Get personalized nutrition counseling and support whether you're at home, work or on the go using Amwell®. Connect with a health coach or nutritionist through two-way video using your smartphone, tablet or computer with a webcam.

Visit with a nutrition counselor any day of the week (nights and weekends too)! Download the iOS or Android mobile app OR visit

bcsvt.amwell.com and enter service key BCBSVT to sign up.

 **BlueCross BlueShield**
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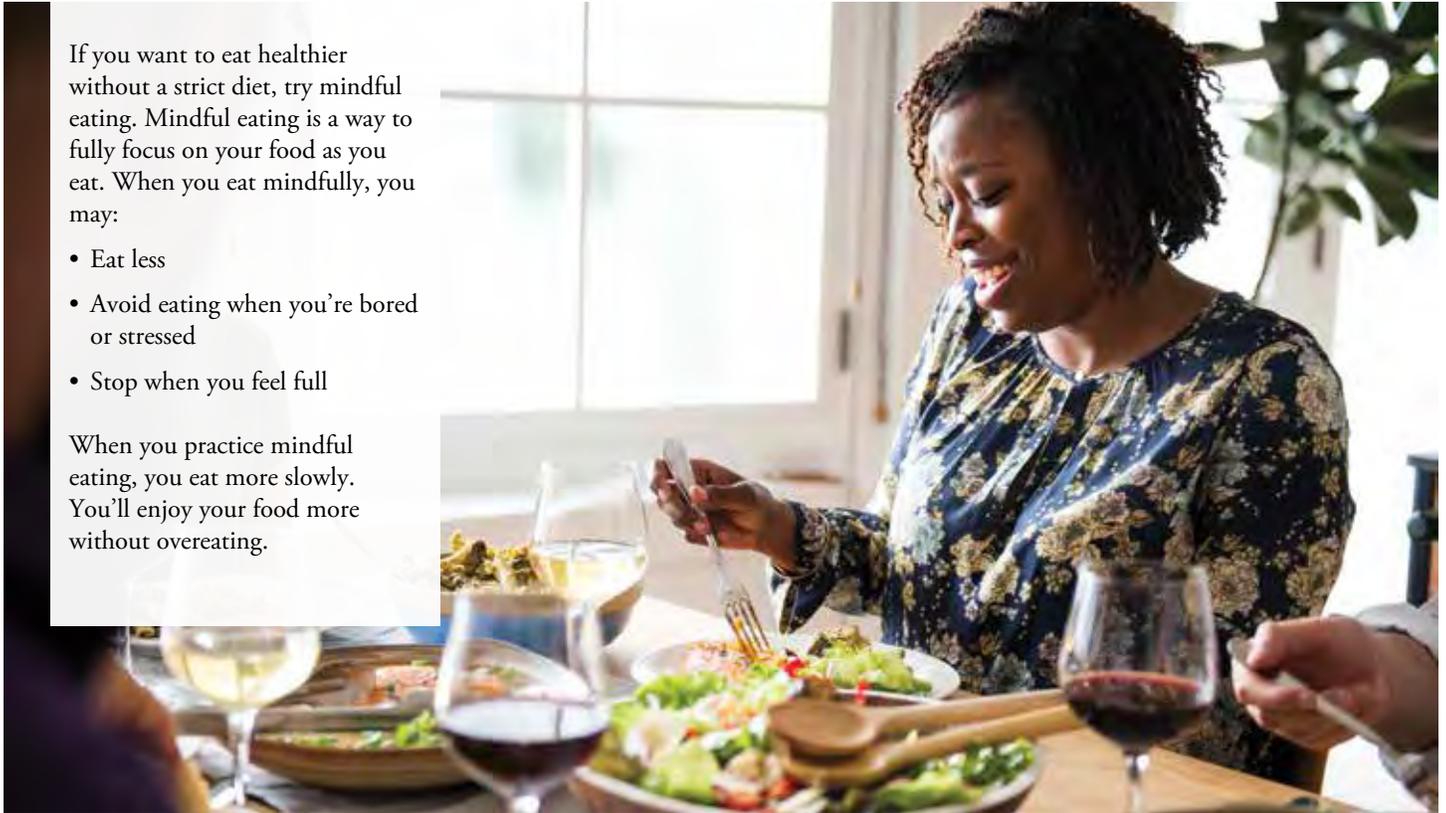
HOME

Mindful eating *can boost your health*

If you want to eat healthier without a strict diet, try mindful eating. Mindful eating is a way to fully focus on your food as you eat. When you eat mindfully, you may:

- Eat less
- Avoid eating when you're bored or stressed
- Stop when you feel full

When you practice mindful eating, you eat more slowly. You'll enjoy your food more without overeating.



HOW TO DO IT

You don't need any special equipment or classes to practice mindful eating. Take these steps at your next meal:

- **Avoid distractions:** Make your meals an event. Don't eat while driving, working, watching TV or doing other activities.
- **Ask yourself how you feel:** Are you actually hungry? Or are you thirsty, bored, stressed or lonely?
- **Leave some space:** If you're used to filling your plate, leave about a quarter of your plate empty for now. You can always go back for seconds if you are still truly hungry.
- **Chew slowly:** Take small bites. Put your fork, spoon and knife down between every bite.
- **Enjoy:** Experience the smell, taste and texture of your food with each bite.
- **Watch the time:** Wait at least 20 minutes before you get another helping. By then, your stomach may realize it's full.
- **Know when to stop:** When you're full, stop eating. You don't need to clean your plate.

Sources: American Heart Association, Veterans Health Administration

[HOME](#)

Make a healthy, filling snack with hummus

Hummus is a dip and spread that originated in the Middle East. But today, it's popular in many parts of the world. It's made with chickpeas, tahini (ground sesame seeds), garlic and spices.

Hummus is vegan, but even meat-eaters can enjoy this spread. Hummus is a good source of plant-based protein. It's also high in fiber, B vitamins, magnesium and iron. And because it's a great source of fiber, hummus helps keep you feeling fuller longer.

If you don't like plain hummus, you can make it many different ways. Some people add garlic, black beans or red peppers. But you can sweeten it up with sweet potato, pumpkin or even dark chocolate!

Recipe: Homemade hummus

Hummus is a healthy, satisfying dip that you can use in place of cheese and cream-based dips. Try it with tortilla strips, whole wheat crackers or on sandwiches.

Many stores carry pre-made hummus. If you want to make your own, here's how:

INGREDIENTS

- 2 cups garbanzo beans, cooked (chickpeas)
- 2 cloves garlic (minced)
- 1/4 cup lemon juice
- 1 tablespoon sesame tahini (sesame paste)
- 2 tablespoons olive oil

DIRECTIONS

1. Mash the garbanzo beans until smooth (if you have a blender, put the beans and lemon juice into it and blend).
2. Add the garlic, lemon juice, tahini and oil. Mix well.

Nutrition Facts: 6 servings. Calories 157; Total fat 8 g; Saturated fat 1 g; Sodium 138 mg; Total fiber 5g; Protein 6 g; Carbohydrates 18 g.

Source: U.S. Department of Agriculture Choose My Plate





Why you shouldn't eat at your desk

It seems like a convenient way to get through your day. Rather than take a break to eat lunch, you grab a bite and eat while you're at your desk. But, this may be leading the way to unhealthy habits.

Here's why you should escape your workspace for your meals:

- **You need a mental break.** Getting up and eating away from your desk can help you clear your mind and boost mental energy.
- **Moving more is better.** A 5-10 minute walk is better than no walk at all. Being active and sitting less will improve your health.

- **You may eat more mindfully.** If you munch on food while working or watching a screen, you may eat more than you need to. Instead, sit down away from a screen and focus on your food. This can help you pay attention to your feelings of hunger and fullness.
- **You could be missing out on fun.** Bonding with others at your workplace can be fun and enjoyable. You may even look forward to social lunch breaks, which could increase your happiness at work.



Healthy lunch, healthy wallet

Packing a healthy lunch can be good for your health. It can help you steer clear of the vending machine or other unhealthy options. Plus, bringing your own lunch may be healthy for your wallet. The average American spends \$53 a week on lunch and coffee expenses during the workday. That adds up to more than \$2,700 a year.

