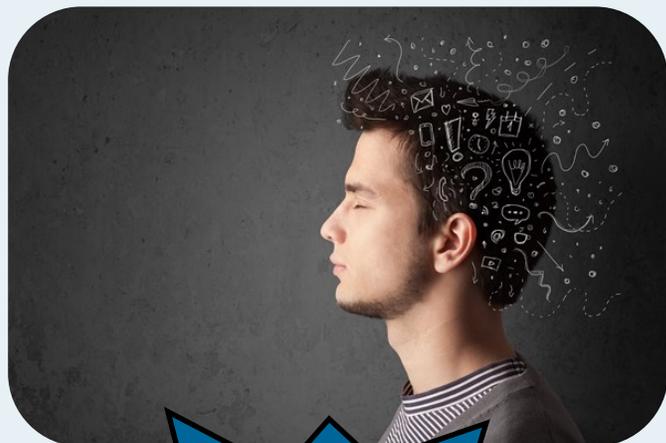


# Welcome a New *You*

The start of the New Year sparks the inspiration for self-improvement. If you have the goal of improving your health this year, the dietitians at the **Wilkes County Diabetes & Nutrition Center** want you to consider



## 1 minute to zen

Ease into practicing mindfulness with this simple exercise on **mindful eating**. For the first two bites of any meal or snack, pay attention to how you feel and the sensory experience of eating—the **texture, taste, smell, look, and sounds** of your food. This will calm the mind & body, allowing for better digestion and utilization of nutrients .

**MINDFULNESS** is a technique that encourages awareness of moment-to-moment thoughts, emotions, and physical sensations in a non-judgemental way. Paying attention to our thoughts and feelings is not a popular concept in our on-the-go modern society, but it should be!

**MINDFULNESS** can help break the constant cycle of becoming **stressed, anxious and depressed**. Plus, the benefits of mindfulness go beyond achieving a peace of mind! It can help support **weight loss**,



**MINDFULNESS** based therapy has been found to be particularly effective in supporting **diabetes management**. It can address the difficult feelings and improve blood sugars over time. Mindfulness helps the **mind AND body!**

# What to eat when sick!

## For a cold...

**Chicken Noodle Soup** provides protein from the chicken and the warm broth helps to eliminate congested lungs.

**Green Tea with Lemon** hydrates the body and contains antioxidants and Vitamin C to help fight infection and boost immune system.

**100% Fruit Popsicles** are a unique way to stay hydrated while soothing a sore throat.

**Spicy foods** like horseradish and chili peppers can help clear nasal congestions, but they are not recommended for an upset stomach.

## For the flu...

You may not feel hungry, but it is important to eat! Feed your body small portions of food more frequently.

Stick with bland foods like **crackers, toast, bananas, and applesauce.**

**Ginger root** is effective at eliminating nausea. Drink ginger tea or ginger ale.

## Recipe of the Month



### Chicken Soup with Farro and Shitake Mushrooms

Serves 4

#### Ingredients

- 1 Tbsp extra-virgin olive oil
- 1 medium onion, chopped
- 2 large carrots, sliced 1/4 inch thick
- 1/2 lb shiitake mushrooms, trimmed, halved if large
- 6 cups chicken stock
- 1/2 cup farro
- 1 bay leaf
- 1 tsp dried thyme
- 1 tsp salt, or to taste
- 1 tsp freshly ground black pepper
- 2 cooked chicken breasts, 12 to 16 ounces, shredded in large pieces
- 1/4 cup chopped Italian flat leaf parsley

#### Instructions

Heat oil in a large pot over medium heat. Add onion and sauté until it softens without coloring, 2 minutes. Add carrots and mushrooms. Sauté until carrots brighten in color and mushrooms begin to release their juices, 2 to 3 mins. Add stock, farro, bay leaf, thyme, salt and pepper. Bring to a boil, then reduce heat. Cover and simmer until farro is tender, about 25 mins. Stir in chicken and top off with additional stock if needed. Taste for seasoning. Simmer until chicken is heated through. Ladle into bowls. Serve hot, garnished with parsley.

## Happenings at the Diabetes & Nutrition Center

**NEW!** Lunch Time Cooking Demo: February 11th, 11:30am-12:30pm.

"Soup(er) Recipes" Healthy soups to keep you warm and healthy. Come learn from Registered Dietitians how to cook and eat healthy, while getting to sample the recipe being prepared.

\* Call (336)667-0460, *no later than Thursday February 4th*, to reserve your seat, class is limited to 15 participants.

\* Cost is \$5.00 per person