

AUGUST 2021
VOLUME 1, ISSUE 3

Child Nutrition Foodservice

Riverside School District, 1414 S. 51st Ave., Phoenix,

Welcome to our
Newsletter

Welcome back to an awesome school year. We are so excited to see our students return to school safely. We encourage all of our students to take part in our meal service program. This school year 21-22, we are offering delicious and nutritious foods daily at no cost to our students. We look forward to seeing you in our school cafeterias!

This newsletter will focus on how the food we eat affects our mood. We will talk about our physical state of hunger vs emotional hunger, and how to distinguish both of these feelings. We will have resources for you to reference and infographics for quick guide.

Hope you enjoy this newsletter! As always reach out to us and let us know if you like to learn more about health & nutrition.

Inside This Issue

- Introduction to Newsletter 1
- How Food Affects Mood 2
- Hangry 3
- When to Eat 4
- Important Contact Information 5
- Resources 5



RIVERSIDE SCHOOL DISTRICT #2 | STEM SCHOOLS

Private School Education in a Public School Setting



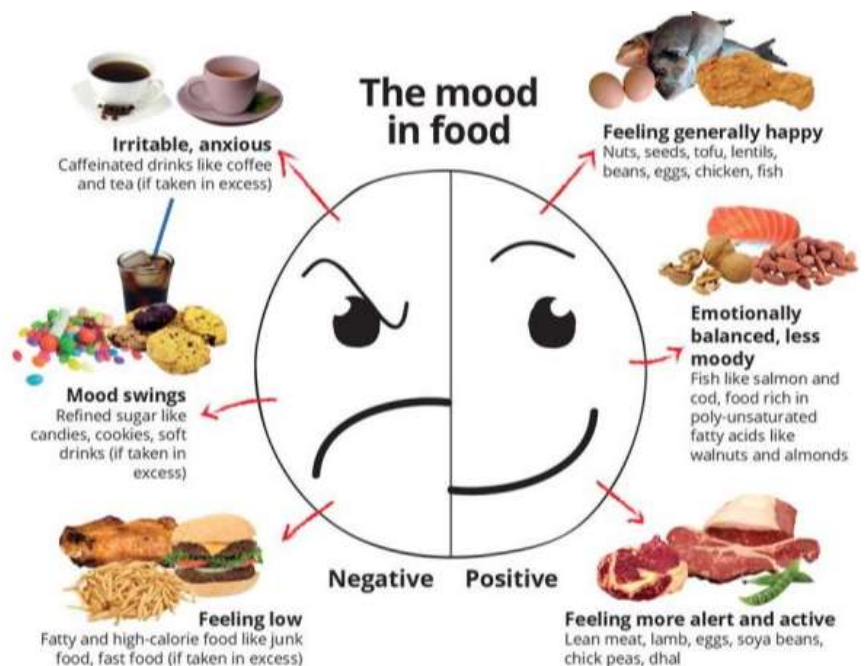
How Food Affects Mood

Research suggests that not only can the food you eat affect your mood, but that your mood may influence the foods you choose to consume. Enjoying a wide variety of vegetables, fruits, nuts, seeds, wholegrain cereals, legumes, low-fat dairy, lean meat and oily fish, for instance, is associated with reductions in mood swings, depression and anxiety.

A renowned doctor and director of nutritional & lifestyle psychiatry at Massachusetts General Hospital explains in a Harvard published blog how human microbiome (gut environment) is a community of different bacteria that has co-evolved with humans to be beneficial to both a person and the bacteria. [1]

You are probably asking what does my gut have to do with my mood? A lot! 90% of the serotonin receptors are located in your gut. Serotonin is the neurotransmitter that affects your emotions, sleep, appetite, memory, and other important functions. [1]

Eat Foods that Will Have a Positively Impact on Your Body



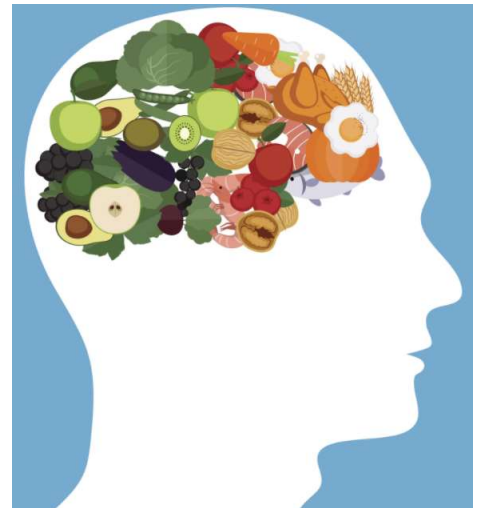
han · gry

(han-gree) adj

a state of anger caused by
lack of food; hunger causing
a negative change in
emotional state.

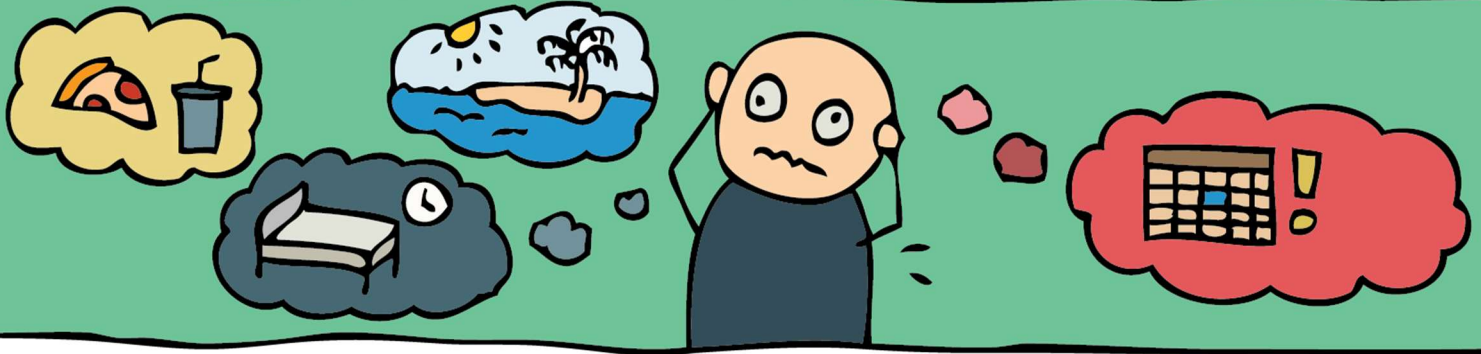
It seems “hangry” isn’t just a made-up term.

Psychological factors are not always the case for negative mood state and stress. Metabolic factors related to poor eating behavior impacts our mood. Based on a case study, professor Francesco Leri, explains that poor mood and poor eating can become a vicious cycle. Not eating properly can cause a drop in mood, and this mood can cause a loss in appetite. Constantly missing meals and constantly experiencing this stressor will have a significant affect on our emotional state on a more constant level. [2]



Nutrition Tip: Don't skip meals (Breakfast, Lunch, Dinner). Eat mindfully, listen to your body, and eat nutritious foods.

Breakfast will help you start your day. You will be more alert and focused to learn in class.



When to Eat

PHYSICAL VS. **EMOTIONAL HUNGER**

AM I HUNGRY?

PHYSICAL

- Stomach growling/low energy
- Thinking/considering options
- Low energy
- Hunger grows slowly
- Time has passed since last meal
- Food is satisfying

EMOTIONAL

- No physical cues (quiet stomach)
- Specific cravings (like chocolate)
- Eating food feels like best/only option
- Little time has passed since last bite
- Food doesn't totally satisfy
- Wandering around kitchen, Searching

YES

EAT

HEALTHY VS. **UNHEALTHY**

EAT IT MINDFULLY

NO

DISTRACTION OR **SOOTHING**

- Get out of Kitchen
- Keep Hands Busy
- Connect
- Clean
- Read
- Exercise/Move
- Mindless activity
- Relax
- Breathe Deeply
- Sleep/Lay Down
- Unplug from Electronics
- Connect/Be Social
- Soothe Body
- Comfy Clothing

www.eatingmindfully Susan Albers@

Did you know that there are different types of hunger? Namely, physical hunger and emotional hunger.

Physical hunger is when you feel the sensation that you need to eat in order to nourish your body.

Emotional hunger, on the other hand, is not real hunger. It may feel like hunger but, really it's a way we avoid feeling uncomfortable feelings. Emotional eating, then, is the habit of eating to soothe those uncomfortable feelings.

The infographic on the left describes physical feeling of when we are hungry, as well as those feelings of when we are in the emotional state.

It isn't necessarily a bad thing, during our emotional state, to celebrate using food from time to time as a pick me up. However, emotional eaters run the risk of getting stuck in an unhealthy cycle of emotional eating.

Before you grab that unhealthy snack, distract or sooth that emotional hunger due to boredom.

Be sure to check out eating mindfully link for a Free eating tracker.



RIVERSIDE SCHOOL DISTRICT

ADDRESS

1414 S. 51st Ave
Phoenix, AZ. 85308

PHONE:

602-477-8900

E-MAIL:

echalabi@riverside.k12.az.us

We're on the Web!

Visit us at: Child Nutrition

<https://www.resdonline.org/Child-Nutrition>

Resources:

Eating Mindfully Meal Tracker

<https://eatingmindfully.com/get-the-mindful-eating-tracker/>

Help Guide (Mental Health, Health & Wellness, Children & Family, Relationships, Aging, & More)

<https://www.helpguide.org/>

St. Mary's Food Bank

2831 N. 31st Ave. Phoenix, AZ. 85009
602-242-3663

Arizona Department of Economic Security

www.azui.com
1-877-600-2722

References:

1. Nadoo, Uma "Gut feelings: How food affects your mood - Harvard Health." Harvard Health Publishing, <https://www.health.harvard.edu/blog/gut-feelings-how-food-affects-your-mood-2018120715548>, 7/9/2021
2. Leri, Francesco "Researchers reveal link between hunger and mood, new study." Medical Press, 9/25/2018 <https://medicalxpress.com/news/2018-09-reveal-link-hunger-mood.html>, 7/30/21
3. Albers, Susan "Physical vs. Emotional Hunger." Eating Mindfully.com <http://eatingmindfully.com/wp-content/uploads/2015/03/emotional-hunger-infographic2.pdf> 7/31/2021