

## FEEL FREE TO TAKE



### Community Nutrition Outreach Series:

## Foundations (יסודות), Perspectives (השקפות), and Practical Advice (עצות למעשה) for Healthy Eating

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The below is for information purposes only. It does not replace the care or guidance of your healthcare provider. It is not intended as פסק.

1) ה' (HaShem) gave us a good sense of **what** is healthy for us to eat, **how much** we should eat, **when** we should eat, and **with what manners** we should eat. We should listen to our good sense. Too often we choose to not listen to our good sense. We stuff it up so we cannot tune in and hear it. This is a major mistake and a missed opportunity.

2) A foundation for healthy eating is 'enjoyment within a limit'. We need both enjoyment and a limit. Enjoyment without a limit leads to problems. **Learn to get sufficient enjoyment from a smaller portion.**

3) Practicing 'enjoyment with a limit' leads to success in other areas of life: in מידות (character development), in business, in marriage, in community standing.

4) We are and should eat like בנות מלכים and בני (sons and daughters of kings). Our eating should be in a dignified and noble manner. Food should be 'plated' (placed) in nice, attractive, and organized ways. The quality, presentation, and manner of eating have influences on us.

5) Eat with a Seder (סדר) - means eating on a schedule, as practical, not skipping or unnecessarily delaying meals. It also means having a balanced and planned meal, not grabbing what is most convenient.

6) Eat with a geder (גדר) - means having a limit. **Even when your self-control is weak, do not completely let go. Allow yourself a bigger limit—but you must have a limit.**

7) Use your bechira (בחירה) - means choosing foods that are good for you over foods that appeal to you but that are likely not good for you. If you can do this consistently, you will be well on your way to health.

8) **Do not count calories. Make every calorie count!** Every piece of food, every calorie, has a job to do. Once it accomplishes this job... באן... עד... stop eating. A food should:

- give you energy to think (clearly), to do, and to accomplish.
- give you שמחת החיים—joy in living.
- help you have a calm and steady mood.
- create bonds with others through eating together.

9) It's the extra eating—the extra sauce, the second tablespoon of dip, the second slice of kugel—that is not needed that causes so many health problems. Staying away from 'the extras' is a major step towards health.

10) Training yourself in portion control is possibly the most significant thing you can do to promote health. Better a smaller portion of a full-fat food than a larger portion of some dietetic food. 'Diet' foods and beverages do not help you learn to control portions; stay away from them.

### Practicing Portion Control and Self-Control

11) Don't confuse appetite and hunger. Learn to wait until the next meal or snack. It's ok to build an appetite for the next meal. If you are mildly hungry, have something unsweetened to drink. If you are hungry then have a small healthy snack until the next meal. Of course, if you plan your meals and snacks you should not be experiencing hunger.

12) Practice putting a smaller amount of food on the fork or spoon, or in your hand. Use a smaller spoon or fork. Practice sips not gulps if you consume sweetened beverages. Be mindful as you are chewing and swallowing.

13) When there is food in the mouth there should be nothing on the fork or spoon (Advice of Ben Ish Chai). Don't cut the next piece of cutlet until you finish chewing and swallowing the current piece. Don't hold chips or other snack foods in your hand while there is food in your mouth. For something like pizza or knishes, hold them in your hand but put your hand on the table until you finish swallowing. Be mindful. These techniques **slow down the pace of eating** and you will likely eat a smaller amount.

14) Practice taking a little less than you would usually take. You do not need to cut it in half...just a little less. Over time, you will find that you are satisfied from smaller portions

15) Practice taking a healthier alternative to a food you would usually choose. If the healthier food is readily available, it will be easier to choose.

16) When you have a meal set in front of you, wait a minute before starting it. This waiting may soften a pressing appetite. Use the time to appreciate the delicious looking meal, the person who prepared it for you with their heart. Be thankful that you have enough food to nourish you. Think that the meal will give you the energy to carry out your life's task.

17) Put in a small break (הפסקה) after the first (smaller) serving. Sing a zemer, discuss a question from the Parsha sheet, bring an empty dish or two to the kitchen sink. When you return to the food, you may find that you no longer need a second serving. Small breaks work wonders...if you give it a little time!

18) Leave over a little portion while you still have an appetite. Or, you can take a little less than your appetite would want. The Rabbeinu Yonah described this as the Fast of the Raavid.

### 'Treats' not 'Cheats'

19) Do not use the language of 'cheating', such as 'today is my 'cheat day''. Habitually speaking about cheating weakens self-control and leads to more cheating.

20) It is better to build 'treats', not 'cheats', into your eating plan. Many people do well with three treats a week. The first is an Oneg Shabbos treat. The second is a 'scheduled' treat, meaning that you enjoy it the same day and time each week (e.g. a scoop of ice cream every Wednesday evening, with a bowl of cut-up fruit). The third is a 'floating' treat, meaning that you can have it whenever you choose.

21) A wise person creates room for treats. Being careful and deliberate what you eat gives you more room for treats. It's like a budget. "If you save now, you will have money later."

22) If you choose to eat a piece of 'j-u-n-k' food or some other food that is unhealthy for you, do not call it a 'cheat'. Admit that this was not one of your better choices. Encourage yourself that most of the time you do make good choices. This way you will likely choose a smaller portion of the wrong food. If you call it 'a cheat', you may find yourself cheating 'all the way' with a larger portion.

### Overeating

*Too much of morbid obesity, advanced cardiovascular disease, poorly controlled diabetes, and other serious health problems in our community is due to the following mistakes:*

23) Being מורה התיר - allowing yourself something that should remain impermissible, at least for you. This is rationalizing that "just this one time" doesn't matter. It usually isn't only one time and one time does matter! It weakens self-control and we unlearn good habits. Many of us are מורה התיר on Shabbos. We may feel that if we first say 'לכבוד שבת קודש' we can overeat.

24) Overeating at simcha receptions and meals by declaring that you are off your diet for the next couple of hours. A person is really making him or herself temporarily הפקר —without an owner (HaShem) - so he can overeat.

25) Overeating and eating the wrong foods from despair (יעוץ), unregulated emotions, unmanaged stress, fatigue, and boredom.

26) People say that they overeat the wrong foods mostly when they are off their schedule, such as at simchas. Simchas and other special occasions are our schedule! We will have thousands of these occasions over our lifetimes. Can you imagine the potential harm that can come from being מורה התיר and making oneself הפקר thousands of times!

27) Just like for treats, a wise person creates room for eating at a simcha or other special occasion. Eating a little less and exercising a little more, a day or two before and after a simcha, gives you room to enjoy the simcha. Anticipate that there will be a dessert table, even if you can't see it. Having פס לחם may be a חיוב. If done right there is only benefit and זכותים.

28) At simchas, there is an abundance of delicious foods; it's a real שולחן מלכים. Choose the items you would enjoy the most. Learn to appreciate that the Ribbono Shel Olam is allowing you **some** delicious foods. Don't think about the items you are not choosing.

### Rambam on Exercise (this author's understanding)

29) Exercise will make up for 'bad' food:

A person who regularly exercises and engages in other physical activities will likely not cause harm to him or herself by the occasional eating of ‘bad’ or ‘wrong’ foods.

Without exercise or other physical activity, the effects of the ‘bad’ foods may overwhelm a person’s internal systems for health, and result in harm or disease.

30) Exercise will not make up for ‘too much’ food:

It is well-known that overeating is harmful and is responsible for a large proportion of chronic illness and earlier death, וְנִינָה.

Exercise will not help a person who habitually overeats. ‘Overeating’ includes consuming much more calories than the person needs to be healthy.

31) Good food will not make up for lack of exercise:

We need to perform regular exercise or physical activities that are like exercise. It is essential (מֵעֵבֶד) to health and well-being.

**Healthy Habits**

32) Priority —if it is not a priority, it will not happen. If it is a priority, then you should invest the time, energy, and expense accordingly. This often means giving up some other activity or reorganizing your day.

33) Planning— Without a plan, a person will grab what is most convenient. There will not be time for exercise and other physical activity. Make healthy choices readily available.

34) Preparation— Home prepared meals and snacks tend to be healthier (better ingredients, less calories). It requires time. There is no short-cut. ‘Convenience’ in most cases does not lead to health. Bring an insulated lunch bag and/or thermos/warmer.

35) Learning— to make a diet approach sustainable, learn new recipes and ideas. This is especially so for medically advised diets.

36) A person who is satisfied from home prepared meals and snacks does not look elsewhere for nourishment... and usually it’s the wrong kind of nourishment.

**ODA Nutrition Services**

<b>Pediatric</b>	<b>Adult</b>	<b>Maternal</b>	<b>Older Adult</b>
<ul style="list-style-type: none"> <li>• Failure to Thrive</li> <li>• Eating Problems</li> <li>• Overweight</li> <li>• Underweight</li> </ul>	<ul style="list-style-type: none"> <li>• Pre-Diabetes</li> <li>• Diabetes</li> <li>• Obesity</li> <li>• Bariatric</li> <li>• Cardiovascular</li> <li>• GI Problems</li> <li>• Kidney</li> </ul>	<ul style="list-style-type: none"> <li>• Prenatal Nutrition</li> <li>• Maternal Nutrition</li> <li>• PCOS</li> <li>• Gestational Diabetes</li> </ul>	<ul style="list-style-type: none"> <li>• Parkinson’s</li> <li>• Malnutrition</li> <li>• Chronic Conditions</li> <li>• Falls Prevention</li> <li>• Tube feeding</li> </ul>

For a nutrition appointment call 718-260-4600 option 3 (specialist).