

# EMOTIONAL EATING AND STRESS MANAGEMENT

Is it stress or is it hunger?

## WHAT IS EMOTIONAL EATING?

Food is a big part of our lives. Sometimes we eat because of how we feel. Emotional eating means we use food for comfort by eating even when we are not hungry. We may eat because we are bored, stressed, sad and even happy.



### Signs of Emotional Hunger

- Starts suddenly
- Feels urgent
- Craves a specific food
- Doesn't go away after eating

### Signs of Physical Hunger

- Comes on gradually
- All foods sound good
- Decreased energy level
- Start to feel fullness when eating

## Hunger/Fullness Scale

Too Hungry



Slightly Hungry



Not Hungry or Full



Just Right



Satisfied



Overly Full



## Tips to reduce stress

Keep a Journal

Move your body through physical activity

Make sure to eat enough during throughout the day

Call or visit a friend

Practice eating slow-notice the taste, smell and texture of the food

Notice your fullness level

# WARM AND HEALTHY BLUEBERRY MUFFINS

Wholesome and delicious muffins made with whole grains and berries.

*Yields: 12 muffins*

## INGREDIENTS

- 1 1/2 cups whole wheat flour plus 1 tablespoon
- 3/4 cups rolled oats
- 1/3 cup honey or maple syrup
- 1/4 teaspoon baking soda
- 1/2 teaspoon vinegar or lemon juice
- 1/2 teaspoon cinnamon
- 1/2 teaspoon salt
- 1 cup of milk of choice (ex. whole, reduced fat, almond)
- 1/4 cup butter softened
- 2 eggs
- 2 teaspoons vanilla extract
- 1 cup blueberries (fresh or frozen)



## INSTRUCTIONS

1. Preheat oven to 400 degrees F. Lightly coat a standard muffin tin with nonstick spray or line with paper liners, then coat the liners with nonstick spray. Set aside.
2. In a large mixing bowl, stir together 1 1/2 cups whole wheat flour, rolled oats, baking soda, cinnamon, and salt. In a separate bowl, whisk together milk, butter, eggs, honey, vinegar or lemon juice and vanilla. Make a well in the center of the dry ingredients, add the wet ingredients to the well, then carefully stir with a wooden spoon, until blended.
3. Gently toss the blueberries with the remaining 1 tablespoon flour, fold them into the batter, discarding any excess flour that doesn't stick to the blueberries.
4. Divide the batter among the prepared muffin cups. Bake for 18 to 20 minutes, until golden brown and a toothpick inserted in the center comes out clean. Remove from oven, and let cool in the pan for 10 minutes, then transfer to a rack to cool completely.

*Recipe inspired by: Well Plated by Erin*

RECIPE APPROVED BY OPEN HAND REGISTERED DIETITIAN NUTRITIONISTS

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