



# Bite Size Wellness

Deepen your connection to your food & body

BY CHIOMA ATANMO  
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Chioma Atanmo is a nutritionist and wellness coach. She holds a bachelors of science degree in Nutritional Sciences with a chemistry and psychology focus. As a former competitive athlete who struggled with her health after a career ending knee injury she quickly noticed how grind culture has made us adopt unhealthy habits, especially when she entered the corporate world.

With over 10 years of experience, she started Mindful Appetite as a wellness platform to teach people how to prioritize their well-being. Her goal is to help empower people to take control of their health again by creating sustainable practices at any stage in life.



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# So Why Now?

Most people never give themselves the opportunity to change out of fear of failing and that includes their health.

Our society has normalized being unhealthy and deemed a luxury that it has become unreachable for many.

Achieving health in whatever form that may look like for you begins with first believing you can get there and adopting a lifestyle that you can maintain.

You deserve to live the best life you can in a mind and body that is well.

Starting today, it's your responsibility to take in information you can act on. My goal with this intro wellness guide is to not overwhelm you but give you a place to start by understanding the simple elements of food.





# TIPS FOR getting started



## 1 Write down action items with your goals.

If your goal is to eat more vegetables, how? Do you need to make time to go to the store, or will you use a delivery service? What are you cooking and how often? Goals with direction are just dreams.

## Stay Hydrated

## 2 I'm sure you're like duh, Chioma. But you would be surprised at how little water people consume. Remember our body is made up of primarily water. When water is lacking, your body is operating at a deficit.

## Give yourself grace

## 3 Life happens, and you are not perfect. It doesn't make you a hot mess, it makes you human. If you slip up, most of the time you have control on what to do next. Don't let a bad day, ruin your progress and turn into a bad month of self loathing.

# 5 Steps to Mindful Eating

Mindful eating can help people stop dieting and start eating healthier

1

## SIT DOWN

Have a seat! Avoid nibbling in front of the refrigerator or snacking in your car. Plate your food. Limit eating out of a package, you lose sight on how much you're eating. You will enjoy food more and eat the right amount for you when you give eating your full attention. **Motto: "Only eat off your feet."**

2

## SLOWLY CHEW

People who take time to chew slowly have better digestion and feel fuller, faster. Researchers, found that, on average, slower eaters had a smaller waist circumference and lower body mass index. Based on the texture of your food, 32 times is the average amount of times you should chew your food. **Motto: "Pace, don't race."**

3

## SAVOR

Take a mindful bite. Smell. Taste. Notice and look at each spoonful. Use all your senses, turn off the TV and other distractions. **Motto: "When you eat, just eat."**

4

## SIMPLIFY

Create a mindful environment. Place healthy foods in a convenient place like on the counter or in a fruit bowl. Put treats out of view to cut down on mindlessly picking at them. If you really want them, you will get them out. Research indicates that people tend to eat what is in their immediate reach. **Motto: "In sight, in mind, out of sight, out of mind."**

5

## GRATITUDE

When was the last time you paused and said thanks before your meal? We are so disconnected to how our food gets to our table, so we are used to inhaling it and moving on. Pause, say a prayer, say thank you. Studies show, your body will be in a posture to receive and digest food better.

# Meaning of Color in Plants

When it comes to “eating the rainbow” keep these colors in mind and the power they add to your body. Unique phytochemicals or plant chemicals vary from color to color. These compounds all do different things to protect your health.

1

## RED

Produce in this color has lycopene, a noted cancer fighter, and ellagic acid, which may help reduce DNA damage. “Flavonoids found mostly in berries and cherries boost antioxidant defense, protect individual cells from free-radical damage, and fight heart disease, and may help maintain cognitive function and put the brakes on aging. (Bell Peppers, strawberries, tomatoes, watermelons)

## BLUE & PURPLE

Grapes and purple cabbage have anthocyanins which may protect cells from oxidative damage and slow the signs of aging. The nutrients that make them dark in color also help cognitive function and have antioxidant properties that may fight cancer. (Blueberries, grapes)

2

3

## GREEN

These foods contain cancer-protecting phytochemicals, such as isothiocyanates. They also have lutein and zeaxanthin, two antioxidants that may help protect against blindness. (Artichoke, asparagus, avocados)

## ORANGE

These have beta-carotene, which may help boost immune function and protect against free-radical damage. Nutrients in citrus fruits also improve oral health. (peaches, oranges)

4

5

## YELLOW

Sun-colored produce is full of vitamin C, which helps heal wounds and also blocks some of the skin damage caused by free radicals. (pears, pineapples).



# Seasonal Shopping

Shopping for in-season fruits and veggies is the best way to ensure your food is crisp, fresh, and at its tastiest! Plus, seasonal eats are higher in body-loving nutrients than out-of-season produce.

## WINTER

- |                   |                  |             |
|-------------------|------------------|-------------|
| • Grapefruit      | • Winter squash  | • Turnips   |
| • Onions          | • Mushrooms      | • Carrot    |
| • Leeks           | • Sweet potatoes | • Chestnuts |
| • Brussel sprouts | • Radishes       | • Kale      |

## FALL

- |            |                    |           |
|------------|--------------------|-----------|
| • Pears    | • Spaghetti squash | • Grapes  |
| • Apples   | • Cauliflower      | • Parsnip |
| • Kale     | • Cranberries      | • Squash  |
| • Broccoli | • Mushrooms        | • Pumpkin |

## SUMMER

- |                |               |            |               |
|----------------|---------------|------------|---------------|
| • Banana       | • Blueberries | • Eggplant | • Tomatoes    |
| • Apricot      | • Cherries    | • Broccoli | • Watermelon  |
| • Bell peppers | • Swiss chard | • Garlic   | • Peas        |
| • Blackberries | • Cucumber    | • Plums    | • Green beans |

## SPRING

- |                  |               |                |
|------------------|---------------|----------------|
| • Apricot        | • Green beans | • Collards     |
| • Banana         | • Artichoke   | • Spinach      |
| • Broccoli       | • Mango       | • Strawberries |
| • Cabbage        | • Carrots     | • Pineapple    |
| • Mustard Greens | • Asparagus   | • Avocado      |





# Thank you!



If you want more and want to dive deeper, check out my 50+ page Wellness Made Simple Guide Book [HERE](#)

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