

PantryPress



Pasta Salad

Serves: 8

Ingredients

- 1 (16 oz) box whole grain pasta
- ¾ cup red bell pepper, washed and diced
- 1 can mixed veggies, rinsed, and drained
- ¾ cup Italian dressing
- ¼ teaspoon oregano
- ¼ teaspoon basil
- ½ cup cheese, cubed (optional)

Directions

1. Cook pasta according to directions on the box. Rinse in colander.
2. Once pasta is cooled, stir in bell pepper, mixed veggies, and cheese (optional).
3. Chill and add dressing and seasonings right before serving.

Nutrition Info

288 Calories
7g Fat
50g Carbohydrates
8g Protein
269mg Sodium

When Emotions Drive the Fork

Stress eating happens when we eat because we feel upset or worried, not because we are hungry. Studies show that when we are stressed, we tend to reach for snacks like chips, candy, or fast food. Eating too much of these foods can make us feel tired, grumpy, and have trouble sleeping. If stress eating goes on for too long, it can also cause long-term health concerns. Check out the tips below to avoid overeating when you are feeling stressed out.

Healthy Hacks

Ask yourself, is it hunger or just the blues? Before eating your favorite snack, ask yourself how you are TRULY feeling, sometimes it is easy to eat mindlessly when we are bored or upset.

Crunch on Calm – GO NUTS. Instead of foods that have a high amount of sugar and fat such as chips or candy, choose a healthier snack like nuts, fruits, or whole grains. These foods will provide your body with the energy it needs and fuel your day for longer.

Stop the Stressing. Instead of mindlessly eating empty calories, choose another activity that will make you feel good not only physically, but mentally too. This could be things like engaging in your favorite exercise, journaling, or taking a simple walk down the street. Start by making a list of activities you can do instead and try them out one by one.

Stay Hydrated. Sometimes we may think we are hungry when we are actually just thirsty, so grab a glass of water before munching down more. Dehydration can lower energy levels and contribute to even more stress on the body. Water is the best choice and should be paired with every meal and snack from the moment you wake up to the time you go to bed.

The Importance of Understanding Eating Habits

Remember, it is okay to feel stressed — we all do sometimes. But the way we respond to stress can make a big difference in how we feel. The next time stress hits, take a moment to pause, breathe, and check in with your body. Are you hungry, or just needing a break? Choosing healthy snacks throughout the day like fruits, veggies, or nuts can help you feel satisfied without the crash that comes from sugary or salty comfort foods. Small choices add up to big changes — your body and mind will thank you.

Related Links:

<https://www.health.harvard.edu/staying-healthy/why-stress-causes-people-to-overeat>
<https://www.bbcgoodfood.com/health/wellness/tools-manage-stress-eating>

