

# BE WELL COOKING DEMO AND INTUITIVE EATING

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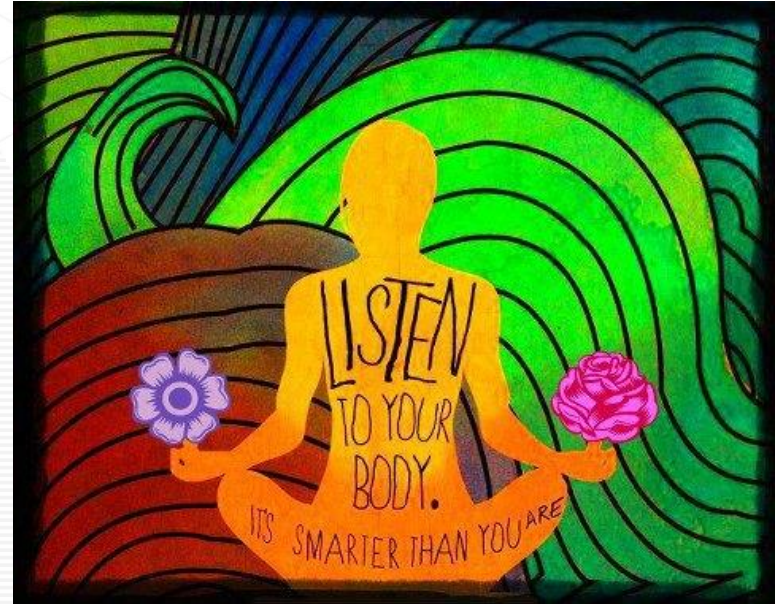
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HEALTH INITIATIVES

CREATING THE NEXT®

# INTUITIVE EATING

- Reject the diet mentality
- Honor your hunger
- Make peace with food
- Challenge the Food Police
- Discover the satisfaction factor
- Feel your fullness
- Cope with your emotions with kindness
- Respect your body
- Movement-- feel the difference
- Honor your health-- gentle nutrition



# SPRING SPROUT SALAD

## Ingredients:

- 2 handfuls arugula
- 1 beet, diced
- 3 strawberries, sliced
- ¼ cup pistachios, shelled
- ½ cup white beans, rinsed and drained
- 2 Tbsp vinaigrette dressing \*

## Combine:

- 1 tbsp apple cider vinegar
- 1.5 tbsp nutritional yeast
- 2 tbsp olive oil, salt, pepper
- 1 tbsp lemon juice

## Directions:

- Top arugula with beets, strawberries, pistachios, and beans.
- Drizzle with dressing and enjoy!



# THANKS FOR YOUR TIME!

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**WE DONT HAVE ANY  
VEGETABLE  
JOKES YET**



**SO IF YOU DO  
LETTUCE KNOW**