

## NEW YEAR, NEW NUTRITION PLAN: USE YOUR INTUITION FOR HEALTHY EATING



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## OVERVIEW

- ✦ Resolutions for the nutritional aspects of wellness
- ✦ Intuitive Eating



## NUTRITION RESOLUTIONS

- ✦ Choose to make nutritious food choices most of the time
- ✦ Eat breakfast at least 5 days each week
- ✦ Include 2 cups of veggies on most days, 1 cup at lunch/snacks and 1 cup at dinner
- ✦ Eat fruit as dessert at lunch Monday-Friday
- ✦ Keep a food diary to track my veggie/fruit intake
- ✦ Limit afternoon snack to 200 calories
- ✦ Include one meatless dinner each week
- ✦ Plan dinner menus for 1 week



## INTUITIVE EATING

What does it mean to you?

## STEP 1: REJECT THE DIET MENTALITY

- ✘ Diets tend to be short term and restrictive
  - + Can trigger restricting ->cravings -> overeating -> weight gain
  - + May be damaging to your physical and emotional health
- ✘ Instead: Think healthy eating plan & healthy relationship with food for long term results



\*10 Principles of Intuitive Eating from *Intuitive Eating A Revolutionary Program* that Works by Evelyn Tribole, MS, RD and Elyse Resch, MS, RD

## NON-DIET THINKING

- ✘ Am I hungry? Do I want it?
- ✘ Does it taste good?
- ✘ I deserve to eat without guilt.
- ✘ Will this contribute to my overall health?



## STEP 2: HONOR YOUR HUNGER

- ✘ The best way to avoid over-eating is to keep your body well-fed, nourished and hydrated
- ✘ Know the signs of biological hunger
  - + What does it feel like?
- ✘ Goal: Aim to eat mindfully and stay in touch with hunger cues while eating to avoid becoming too full

## OTHER TYPES OF HUNGER

We all eat for reasons other than being hungry!



- ✘ **Taste-** eating for pleasure or for special occasions
- ✘ **Practical-** planning around a scheduled activity
  - + i.e. snack at 4pm because practice is from 5-8pm
- ✘ **Emotional-** “phantom hunger” that arises due an uncomfortable feeling, loneliness, boredom or procrastination

### STEP 3: MAKE PEACE WITH FOOD

- ✘ Deprivation trap
- ✘ Last supper
- ✘ Rebounding
- ✘ Seesaw syndrome



Take away point: Give yourself permission to eat your favorite foods in moderation!

### UNCONDITIONAL PERMISSION TO EAT

- ✘ To be at peace with food you must be willing to *legalize food*

#### ✘ 5 steps

1. Make a list of foods that appeal to you
2. Check off the foods you currently eat- Circle those you are currently restricting
3. Give yourself permission to eat one food at a time off this "forbidden" list
4. Monitoring your feelings while eating each food
5. For each food, if you truly enjoy it, give yourself permission to buy and eat it in moderation

### STEP 4: CHALLENGE THE FOOD POLICE

- ✘ Check who is talking
  - + Food police
  - + Nutrition informant
  - + Diet rebel
  - + Food anthropologist
  - + Nurturer



### POSITIVE AFFIRMATIONS



- ✘ Replace negative, depriving thoughts with positive self-talk
  - ✘ "I will choose to nourish my body with healthy foods"
  - ✘ "I love my body and take good care of it by eating correctly"
  - ✘ "I successfully release the desire to eat beyond the point of being full"
  - ✘ "I replace dieting with healthy eating principles and habits"
  - ✘ "When I am comfortably full, I avoid more food"
  - ✘ "I love healthy foods"... "I can enjoy the foods I enjoy the most in moderation"

## STEP 5: FEEL YOUR FULLNESS

- ✘ Respect fullness
  - + Ditch the clean your plate club
- ✘ Recognize comfy satiety
  - + Feeling both satisfied and content, neither hungry nor stuffed
- ✘ Eat consciously
  - + Eat without distraction
  - + Taste check: are you savoring each bite?
  - + Reinforce your decision to stop eating
  - + Defend yourself from obligatory eating

## STEP 6: DISCOVER THE SATISFACTION FACTOR

- ✘ How to truly enjoy and find pleasure in eating
  - + Ask yourself what you really want to eat
  - + Enjoy the pleasures of the palate – savor food's taste, texture, aroma and appearance
  - + Make your eating experience more pleasurable
  - + Don't settle
  - + Check in- does it still taste good?



## STEP 7: COPE WITH EMOTIONS WITHOUT FOOD

### The Continuum of Emotional Eating

Sensory Gratification	Comfort	Distraction	Sedation	Punishment
• Eating for pleasure	• Eating soup when sick or sipping on hot chocolate on a cold wintry evening	• Eating to avoid feelings you wish to avoid	• "Food Coma"- keeps you from experiencing your emotions for an extended period of time	• Food used for punishment- complete loss of eating for pleasure and results in self-hatred

## MEETING YOUR NEEDS WITHOUT FOOD

- ✘ Take care of yourself in productive, nurturing ways:
  - + Getting plenty of rest
  - + Expressing your feelings
  - + Being heard, understood, accepted
  - + Being intellectually and creatively stimulated
  - + Receive wealth and comfort
- ✘ Get in touch with your emotions- what are you truly feeling?

### STEP 8: RESPECT YOUR BODY

- ✘ “Respecting your body means treating it with dignity and meeting its basic needs”
- ✘ Body image
  - + Choose to love yourself and your body as it is today, not as it might be tomorrow
  - + Have realistic expectations for yourself
- ✘ Make respecting your body a primary goal and weight loss a secondary goal

### STEP 9: EXERCISE- FEEL THE DIFFERENCE

- ✘ Identify your exercise barriers
- ✘ Focus on how exercise makes you feel, not just the calorie burn
- ✘ Disassociate exercise from weight loss
- ✘ Take care of yourself
  - + The benefits of exercise are a lot more extensive than just burning calories



### STEP 10: HONOR YOUR HEALTH

“Make healthy food choices that honor your health and taste buds and make you feel well”

- ✘ Establishing a healthy relationship with food is the first step in pursuing a healthy diet
- ✘ Healthy eating is...



### QUESTIONS?

