



*Change Talk: The language of
~~Emotional~~ Mind-Full Eating*

*****Please note, this session will be recorded*****

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FAMILY HEALTH CENTER

MANAGED BY





The characteristics of eating patterns and the labels that we use in diet culture



Some strategies on acknowledging, evaluating and understanding cues for eating, habits and science-based facts to use for making choices



The language we use and how our inner dialogue can positively improve eating habits



Emotional eating

Dieting
Over-eating
Out of control eating

Fueling

Restricted eating

Stress eating

Mindless eating

Fun eating

Distracted eating

PALEO
Atkins
DUKAN
KETO
Raw Food
Emotion eating
Over-eating
Dieting out of control
Restricted eating
Stress eating
Mindless eating
Distracted eating
Fun eating
Fueling
Cabbage Soup diet

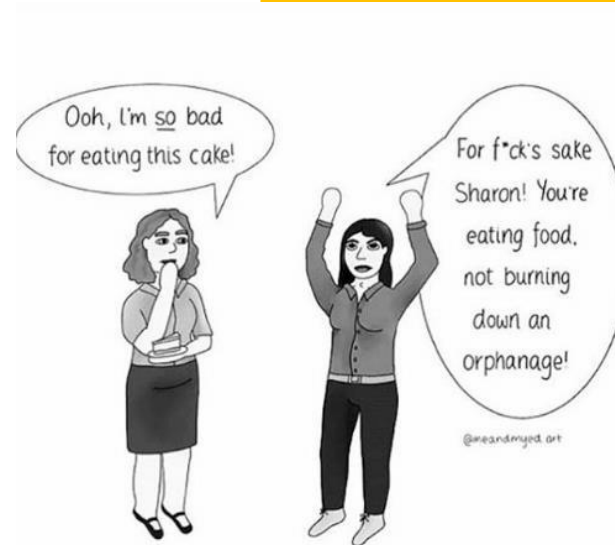
Juice Cleanse

Everyday statements and conversations that are fueled by it:

- “If I was thinner, then I’d want to go to the gym regularly”
- “I'm being good today”
- "It's my cheat day"
- “That's so bad for you”
- “They’d like me more if my body was _____”
- “You have so much will power”
- "I'll work it off"



How's the diet going?
 Not good, I had eggs for breakfast
 Scrambled?
 Cadbury.



Causes or triggers that impact your day.

These triggers might include:

- Relationship conflicts
- Work or other stressors
- Fatigue
- Financial pressures
- Health problems
- Sad or lonely thoughts
- Anxiousness/worry
- Boredom

The Cycle of Emotional Eating





- the **practice** of maintaining a **nonjudgmental** state of heightened or complete **awareness** of one's thoughts, **emotions**, or experiences on a **moment-to-moment basis**

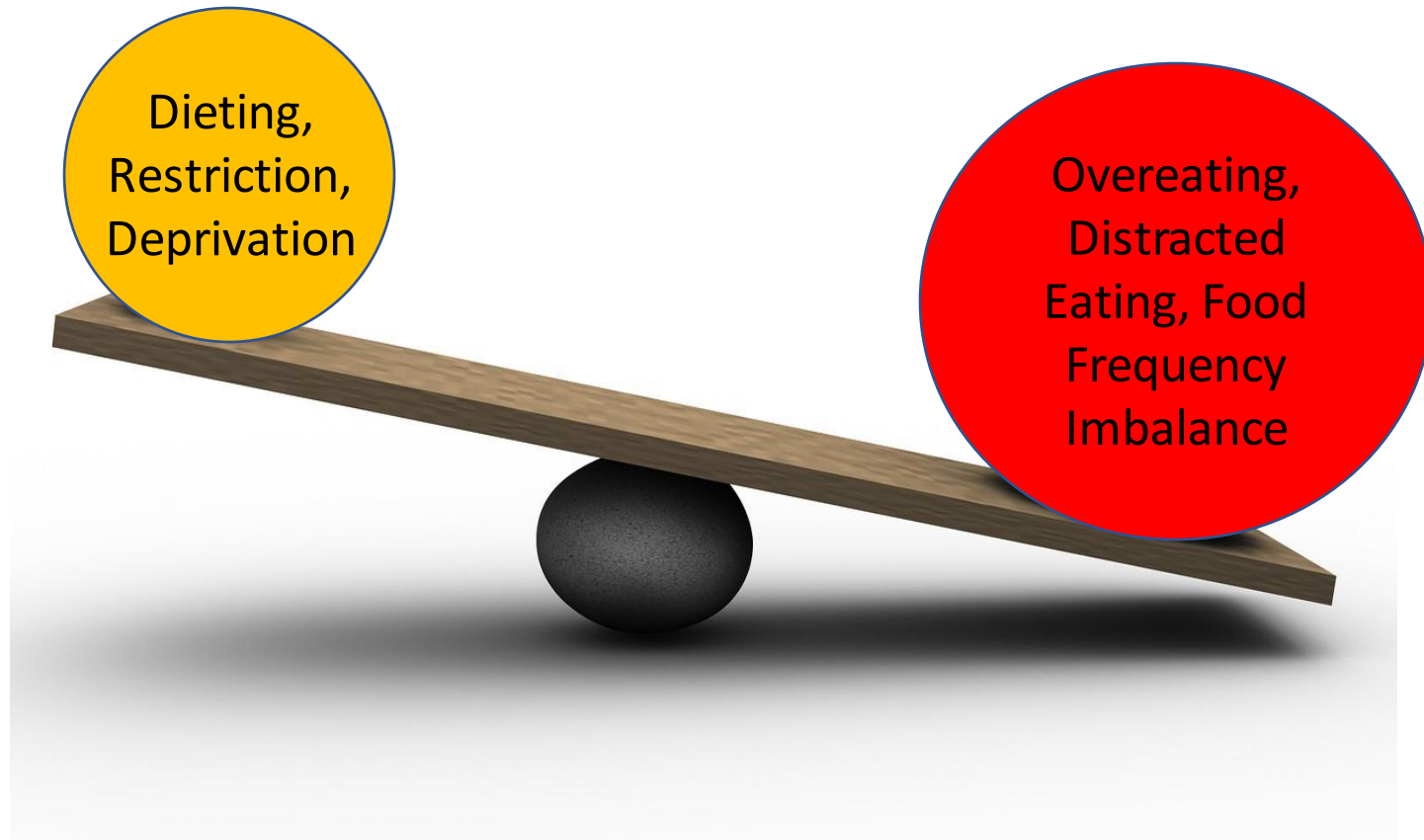
THE MINDFUL EATING PLATE

Mindful Eating
www.eatingmindfully.com



1. Begin with your shopping list.
2. Come to the table with an appetite—but not when ravenously hungry.
3. Start with a small portion.
4. Appreciate your food.
5. Bring all your senses to the meal.
6. Take small bites.
7. Chew thoroughly.
8. Eat slowly.

What Mind-Full Eating is not

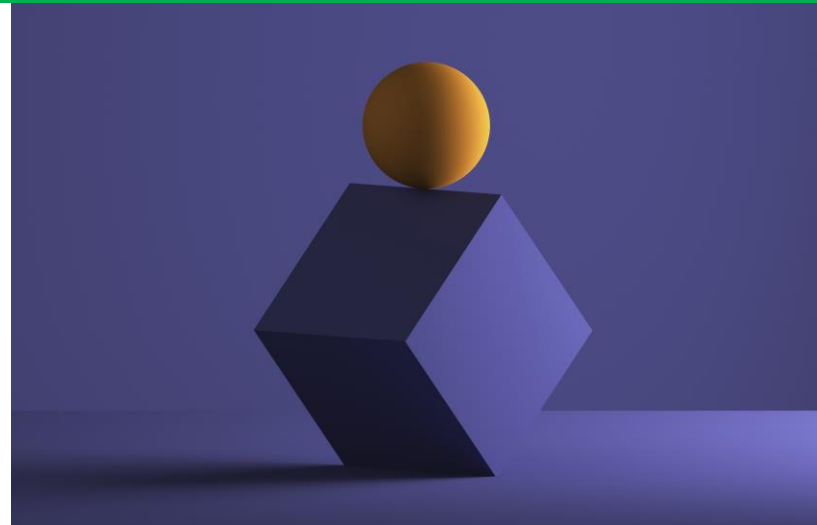


satisfying

Science-based

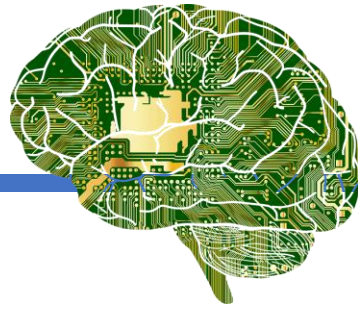
experimental

Eating pattern based on HUNGER INTELLIGENCE and Nutritional Balance



kindness-driven

ever-evolving



Where is our need for eating coming from?

Physiological Driven by:	Psychological Driven by:
Thirst	Stress
Metabolism	Emotions
Fatigue/Lack of Sleep	Boredom
Need for Movement	Need for Connection (self and others)
Need for Restoration/Brain Break	Distraction
Eating foods that hinder satisfaction	Environment

Nutrient	Recommendation per day
Vegetables (dark green, red and orange, beans, peas, lentils, starchy vegetables)	2 ½ cups
Fruits	2 cups
Grains (whole grains, refined grains)	6 oz
Dairy (cup equivalents)	2-3 cups
Protein foods (meats, poultry, eggs, seafood, nuts, seeds, soy)	5 ½ oz
Oils	27 grams/day
Added Sugars	<10% of calories (<48 grams)
Saturated Fat	<10% of calories (<23 grams)
Sodium	<2300 mg
Alcohol	<1 drink/women <2 drinks/men

**Micronutrient recommendations slightly vary between genders

** All recommendations are based on a 2,000-calorie diet

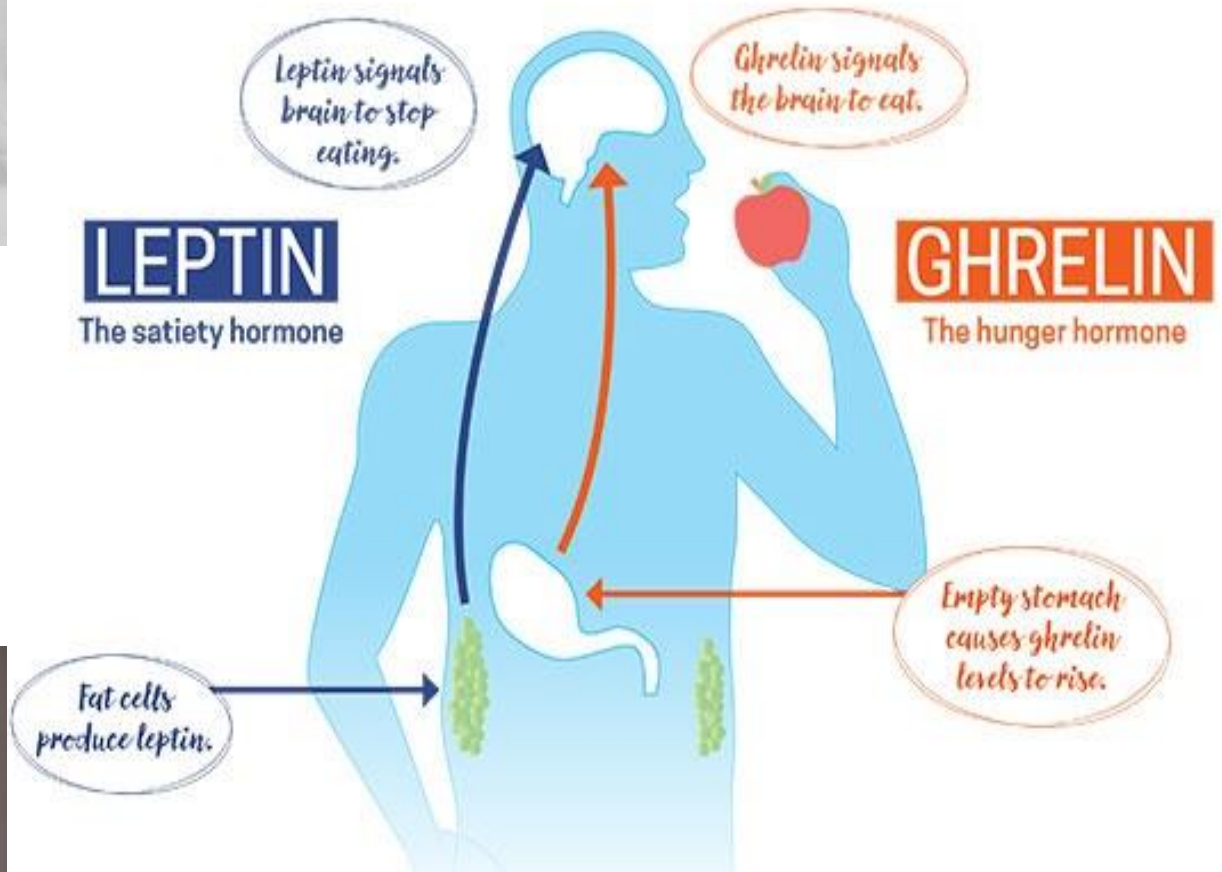
Dietary Guidelines: Micronutrients

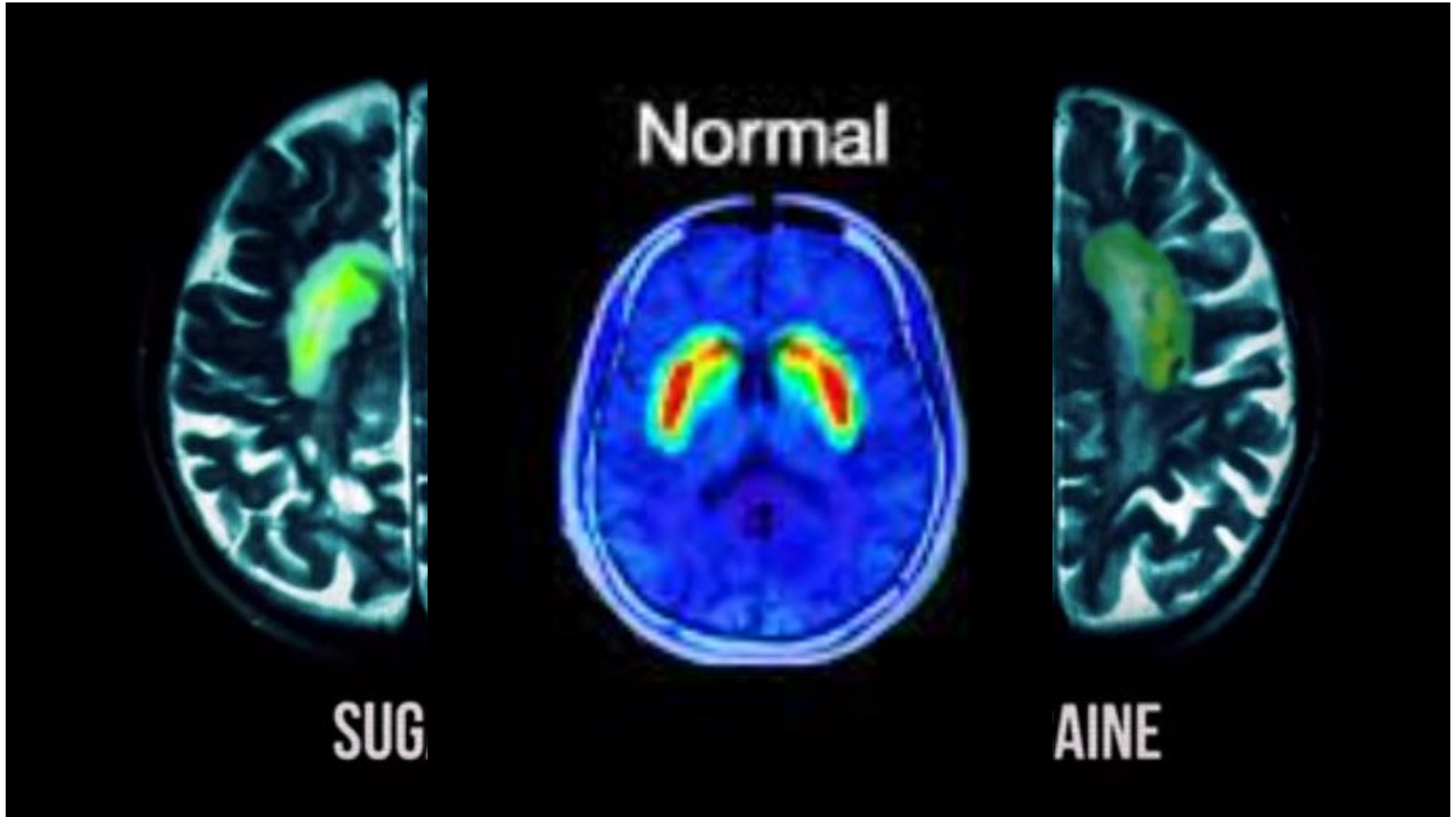
Nutrient	Recommendation per day
Fiber	25 g (women), 31 g (men)
Iron	18 mg (women), 8 mg (men)
Calcium	1,000 mg
Vitamin D	600 IU
Zinc	8 mg (women), 11 mg (men)
Potassium	2600 mg (women) 3400 mg (men)



Please note, session is being recorded

The Physiology of hunger





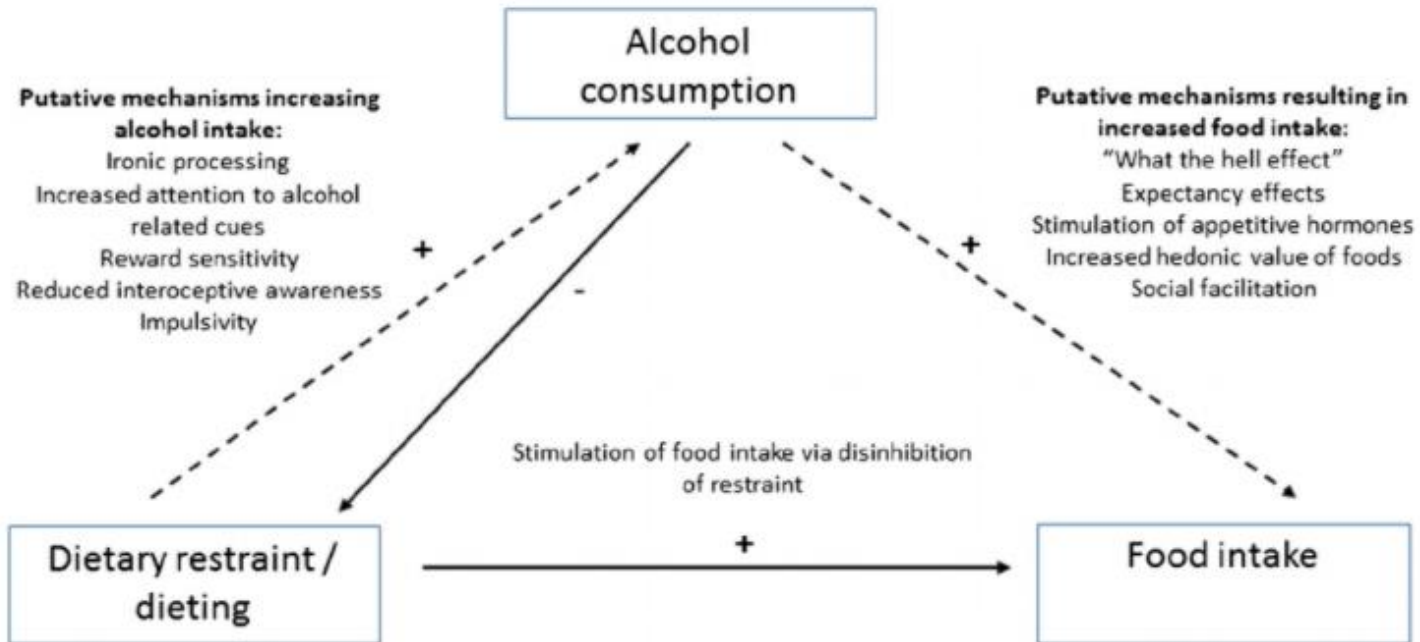
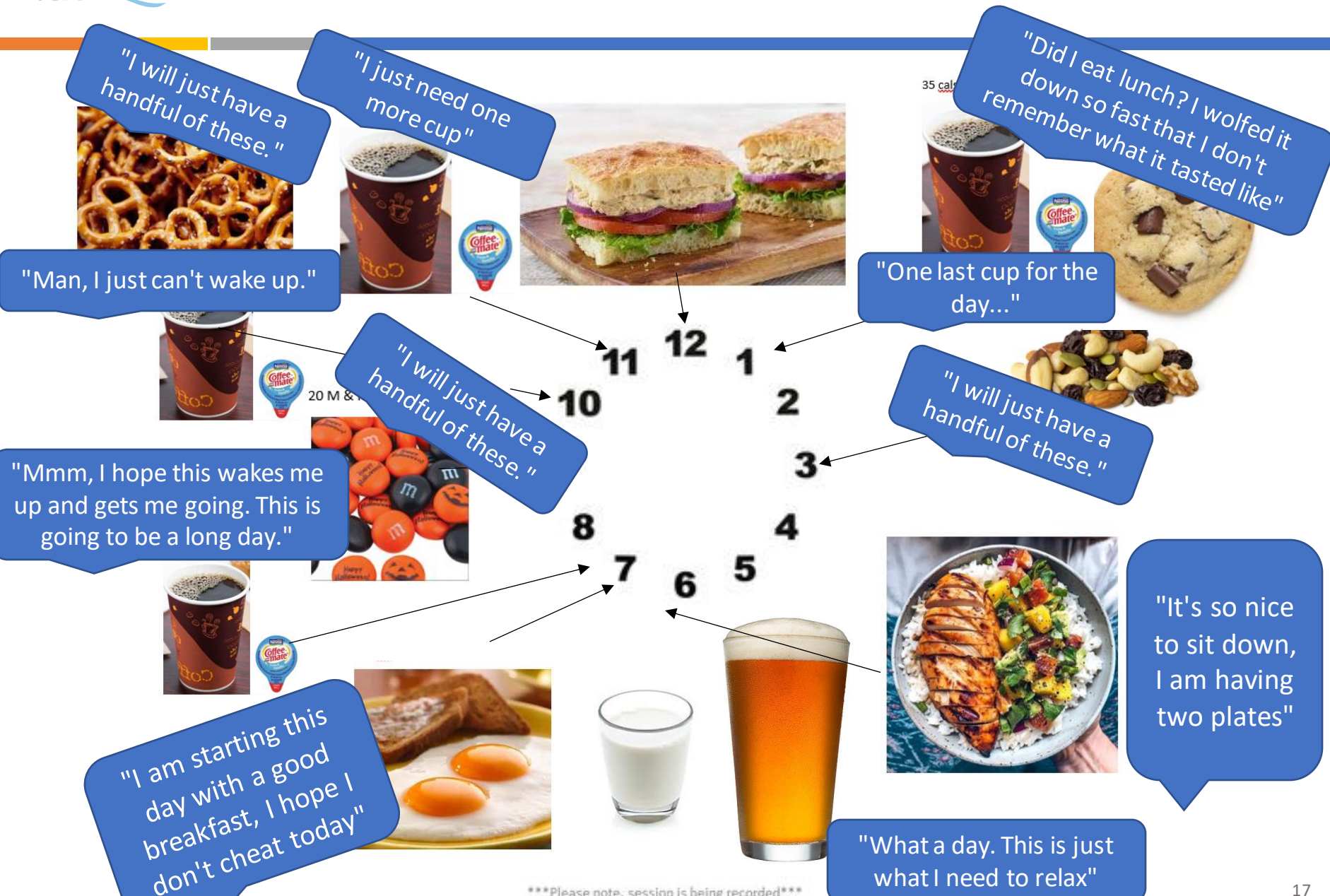


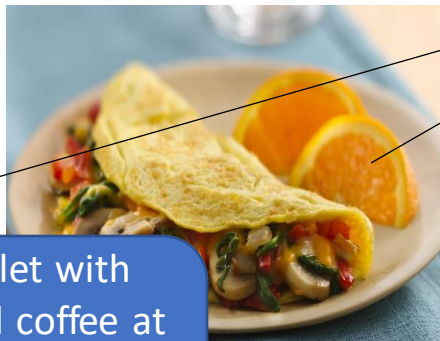
Fig. 1 Solid arrows represent Polivy & Herman (1976) disinhibition of restraint predictions following alcohol intake. Dashed arrows offer alternative explanations on how dietary restraint, alcohol intake and food

intake might interact. + denotes a positive/stimulatory effect; - denotes a negative/inhibitory effect

Mindless eating



"I need a brain break. I think I will grab some nuts and strawberries and a cold glass of water. It will get me through until that great lunch I have planned"



"I love my omelet with veggies, fruit and coffee at breakfast. It gives me the energy I need and tastes great"

"Lunch was really good and satisfying"



"I need another break. I can't be hungry again, I think I will just walk around the yard for a bit and grab some cold water"



"My stomach is growling a bit but dinner is only a few hours away, I will have something to tide me over"



"This is one of my favorite dinners. I would love to have more, but I am full and I can save the leftovers for lunch tomorrow"



Mindful Eating vs. Restrictive Eating

Mindful Eating	Restrictive Eating
In charge	In control
Nourishment	Diet
Fuel	Calories
Quality	Points
Healthy	Skinny
Conscious	Consumed
All foods fit	Good or bad
Balance	Perfection
Learning	Failing
Trust	Fear
Pleasure	Shame

“Wow, that breath felt good; my shoulders are more relaxed.”

Take a deep breath



“I think I’ll call _____. It really helps when we chat; they always listen and I feel better after we connect.”

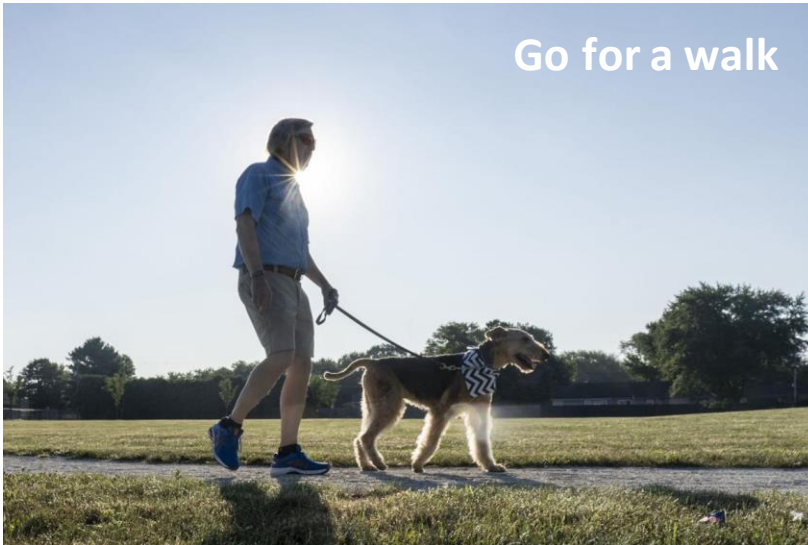
Call a friend.



“I haven’t moved much today. The weather isn’t the best, but I always feel better after I get out and move.”

“I have my craft room all set up and I will work for 15 minutes to make some progress. That will help me feel accomplished.”

Go for a walk



Do a craft




"I am happy when I see the good things and keep them in perspective."

"I have that great book I haven't picked up in awhile. I love to read."

Make a list of things you're grateful for

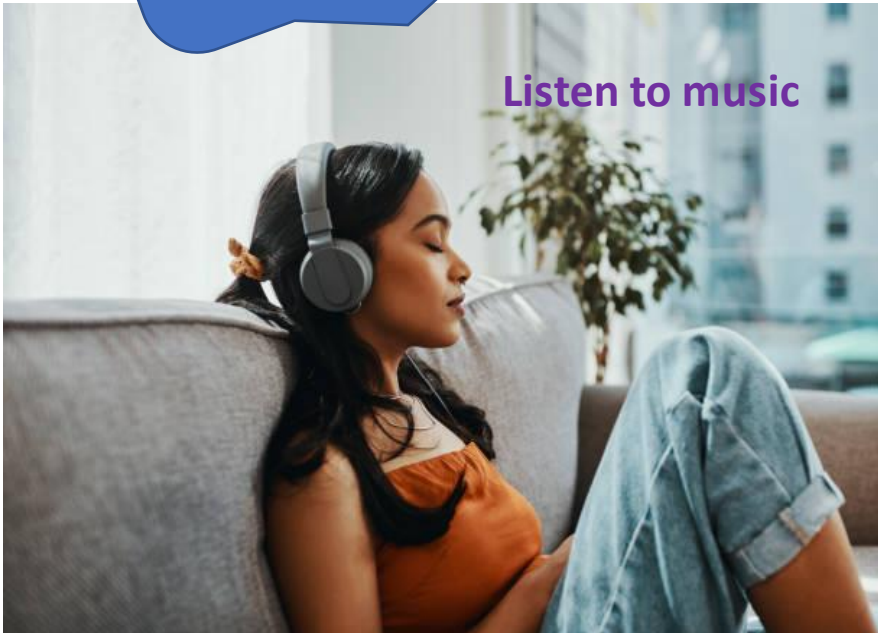
I am grateful
for.....

Read a book



“I love the band _____, their music always makes me remember how lucky I am.”

Listen to music



“My body is tense and it needs some motion.”

Stretch/move



“I need to capture this feeling. I always love to refer back to these feelings and thoughts.”

“Naps always make me feel better. I am starting to understand that fatigue can show itself in ways that are not becoming or healthy.”

Write in your journal



Take a nap



“I feel great when I accomplish something not planned.”



Cross off something from your “to do” list.

“Getting my hands dirty will not only help the plants, but will help me to grow.”



Change Talk examples



Try this instead



I find myself on and off diets on a regular basis.

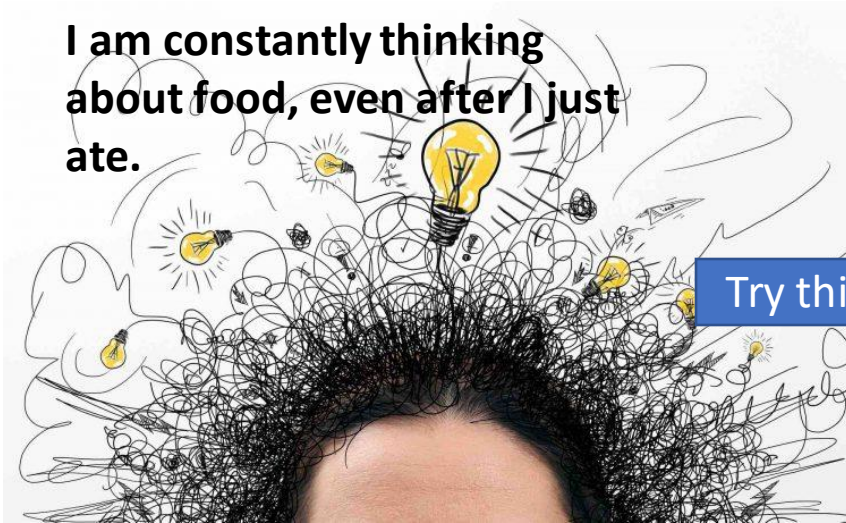


Try this instead



Change Talk examples

I am constantly thinking about food, even after I just ate.



Try this instead



I am going to stay in the moment while I eat. The more I taste and enjoy my food, the more I will be aware of the satisfaction

I turn to food when I am stressed.



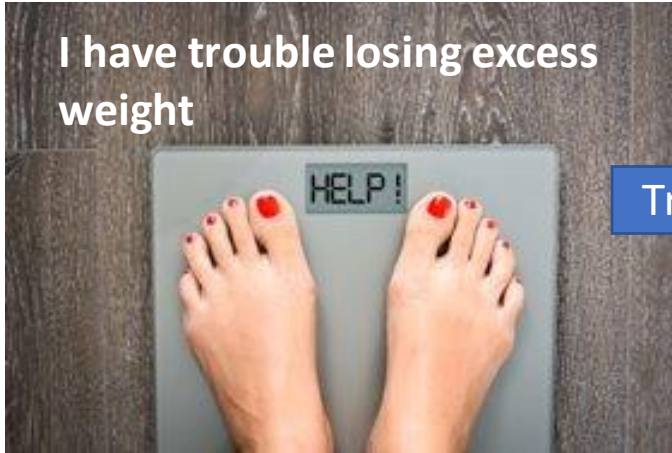
Try this instead



I will turn to other coping mechanisms that serve me well

Change Talk examples

I have trouble losing excess weight



Try this instead

I know that the snacking is not what I need, I will take a walk instead



I feel powerless around food.



Try this instead

I have control over my food choices. I will plan when I am going out or having food that is prepared by others



Change Talk examples

I eat my food quickly and without really chewing it.



Try this instead



I will slow down and eat my food with meaningful engagement. I will chew fully, taste completely and savor the process.

I have strong cravings for specific foods.



Try this instead



I will honor my cravings for certain foods but will be mindful of the portions and how they may serve me within my day.

Change Talk examples

I eat when I am not hungry, just because food is there.



Try this instead



I will be mindful of my habits about eating, especially when I am in an environment with food in abundance. I will honor my hunger cues and heighten my awareness in these situations.

Snacking makes me feel better in the moment and worse after.



Try this instead



I will be mindful of my cues for snacking and honor my hunger; I will come to terms with amounts and types of foods that serve me best

Grace

Surround yourself with the Language that supports growth

Nutrition

Compassion

Movement

Learning

Balance

Acceptance

Creativity

SELF-LOVE

YOUR BEST WEIGHT IS WHATEVER WEIGHT YOU REACH WHEN YOU'RE LIVING THE HEALTHIEST LIFE YOU ACTUALLY ENJOY

Water

Connection

Empathy

Gratitude

T.H.I.N.K.



T - am I just Thirsty; is it Time?

H - am I Honoring my hunger?

I - is it Intentional or is it an Impulse?

N - what is it that you really **Need**?

K - is it coming from Kindness?

EASIER SAID THAN DONE?

**THINK IT,
SAY IT,
AND GET IT DONE!**

1. Evaluate your environment
2. Review your systems and habits
3. Assess your ingredients
4. Make meaningful movements
5. Commit to compassion





Reach out to your resources at the Dow Family Health Center to talk more.

<https://corporate.dow.com/en-us/benefits>