

How to eat well without dieting

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We've heard that diets don't work

Science and experience state that diets do not help people lose weight in the long run.

- Short term success only
- Regain of weight likely
- Frustration
- Skewed relationship with food



Let's be clear about diets

Diets: a way of eating that restricts or forbids certain foods or ways of eating

- The rules are ARBITRARY
- Forces us to follow rules made by someone else
- Forces us to ignore our instincts, hunger, tastes

Restrictive eating = physical and psychological effects that **interfere** with the body's weight regulatory system.



So, if diets don't work...what does?

What can we do to manage our weight and health instead of dieting?



Let me ask you...

Would you prefer...




Would you prefer...

A diet that relies on you to **ignore** hunger signals.
Where cheating is associated with **lack of will power.**
Where physical and emotional hunger is **often confused.**

OR

A way of eating where physical hunger cues are **practiced and listened to.**
Where **listening** to hunger and fullness signals help to avoid weight fluctuations.




Would you prefer...

A diet where **food is moralized** as good/bad, illegal/legal.

OR

A way of eating where **ALL food is ok.**
Where quantity, quality, and frequency are determined by physical hunger, satiety, satisfaction, taste, values, etc.




Would you prefer...

A diet that gives you a **false sense of control** over weight loss.
Where self-esteem and body acceptance **rarely** improve.


OR

A way of eating that **increases self-esteem.**
Where it is accepted that **bodies come in all sizes.**



Would you prefer...

A diet that leads you to **distrust your body** and sense of judgment.




OR

A way of eating where **self trust develops** by understanding physical cues and responding to them.

Would you prefer...

A diet that is a short term solution that usually leads to weight **regain** for 95% of people.




OR

A way of eating that has no “wagon” to fall off of or sense of cheating.

Where a non-judgmental and compassionate way to **improve eating** is pursued.

Diets

- Relies on you to **ignore** hunger signals.
- Cheating is associated with **lack of will power**.
- Physical and emotional hunger is **often confused**.
- Food is moralized** as good/bad, illegal/legal.
- Gives you a **false sense of control** over weight loss.
- Leads you to **distrust your body** and sense of judgment.
- Self-esteem and body acceptance **rarely** improve.
- A short term solution that usually leads to weight **regain** for 95% of people.
- Warps** your relationship with food.
- A short term solution that usually leads to weight **regain** for 95% of people.



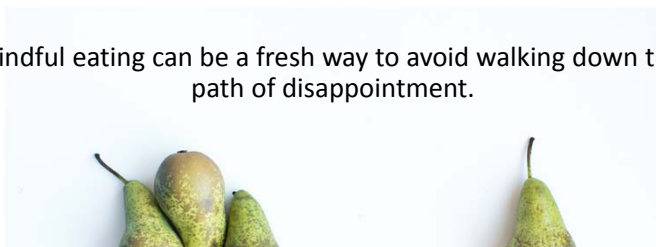
Mindful Eating

- Physical hunger cues are **practiced and listened to**.
- Listening** to hunger and fullness signals help to avoid weight fluctuations.
- ALL food is ok**.
- Quantity, quality, and frequency are determined by physical hunger, satiety, satisfaction, taste, values, etc.
- Increases self-esteem**.
- It is accepted that **bodies come in all sizes**.
- Self trust develops** by understanding physical cues and responding to them.
- There is no “wagon” to fall off of or sense of cheating.
- A non-judgmental and compassionate way to **improve eating**

So, if diets don't work...what does?

Mindful eating helps a person connect with physical cues to start and stop eating as well as psychological cues that can affect food decisions.

Mindful eating can be a fresh way to avoid walking down that path of disappointment.



Mindful Eating / Intuitive Eating

True hunger is used to determine when and how much to eat

Knowing what the body needs AND what you want to eat is used to determine what to eat.

Understanding why you want to eat without being hungry is explored



Mindful Eating / Intuitive Eating

True hunger is used to determine when and how much to eat

Understand what hunger versus emotions feels like

Interpreting the level of hunger you have

Knowing how much food you need to fill that hunger until the next meal/snack

Having the confidence to rely on these signals can be difficult, especially if you feel your signals will lead you to over eat.

WITH PRACTICE, IT IS POSSIBLE

Mindful Eating / Intuitive Eating

True hunger is used to determine when and how much to eat

Practice by:

asking yourself “am I hungry?” before eating
using a hunger scale to determine hunger levels



Mindful Eating / Intuitive Eating

Knowing what the body needs AND what you want to eat is used to determine what to eat.

What does my body need every day? (fruits, veg, grains, meat, dairy, water, fun foods)

What have I already eaten? What have I not eaten?

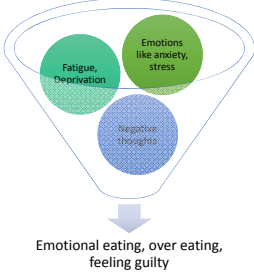

What do I feel like eating? (hot, cold, sweet, sour, crunchy? creamy?)

What do I have available to me?




Mindful Eating / Intuitive Eating

Understanding why you want to eat without being hungry is explored

Diet Food Decision Tree



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    graph TD
      A[Can I eat?] --> B[Are you allowed to eat at this time?]
      A --> C[Is the food included in the meal plan?]
      B --> D[Yes? eat only allowed foods]
      B --> E[No? then NO and why would you want to eat at this time anyways?! Get some self control!]
      C --> F[Yes? Is it the right time?]
      C --> G[No? why would you want to eat this anyways?! Have some self control!]
      F --> H[Yes? Then go ahead]
      F --> I[No? why would you want to eat this anyways?! Have some self control!]
    
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Mindful Eating Food Decision Tree

Am I hungry?

- Taking a moment to determine if you are truly hungry is the first step.
- Understanding your physical hunger and fullness is key so make a list.

How hungry am I?

- Use a hunger scale: use it before eating, before stepping into the house, before entering the kitchen, before opening the pantry door, halfway through the meal, etc.
- Learn to identify your hunger cues before they get out of hand.
- Hunger cues are easier to id than fullness cues so practice makes perfect
- Avoid eating to prevent hunger later.
- Some foods are more filling than others so hunger and fullness levels change from day to day.

What shall I eat?


- What do I want? wanting only bad foods at first is normal. These cravings will decrease as you integrate all foods (guilt = eating more forbidden foods). Do you feel for something sweet? salty? crunchy? hot? protein? etc.
- What do I need? what have I ate today? any food groups I have missed? what do I tend to eat too little of? Understanding what your body requires and tracking what you eat for a few days can help.
- What do I have? in the house? at work? around me? Planning is key to being able to satisfy your needs and wants.

How will I eat?

- Notice how certain environments (tv vs eating at the table), emotions (sad vs happy) and physical states (tired vs rested) effect your food choices, hunger levels, appetite levels, etc.
- Increase your awareness of the environment, your emotions and physical states when eating can increase your satisfaction of food.
- Increase your awareness by:
 - checking in with hunger and fullness levels throughout the day
 - deciding (before eating) how full you want to be after eating
 - verify how you feel satisfied mentally and physically after eating certain foods. What is what you expected?
- Eat with fewer distractions
- Eating sitting in a calm environment
- Savor flavors, smells, textures of the food.
- Notice the change in sensitivity of your taste buds.

How much food do I need?

- Leaving a meal feeling satisfied is amazing! It takes practice to learn how much of certain foods are needed to satisfy.
- Check in with yourself and determine how hungry you are?
 - When is the next meal/snack planned for?
 - Observe your thoughts, feelings, behaviors without judgement.
- Eating beyond your satisfaction level can be a consequence of dieting, not paying attention when you are eating and from habits.
- Avoid feeling guilty, ashamed or upset if you happen to eat beyond your satisfaction levels.



Ask yourself “Am I hungry?”

Take a moment to determine if you are truly hungry before eating.
Understanding your physical hunger and fullness is key so make a list of how you feel when hungry.


If you are not hungry, decide what you want to do
-Eating anyways? Distract yourself? Deal with the emotion?

How hungry am I?

Use a hunger scale to decide
use it before eating, before stepping into the house,
before entering the kitchen, before opening the
pantry door, halfway through the meal, etc.

Hunger cues are easier to id than fullness cues &
practice makes perfect

Some foods are more filling than others so hunger and
fullness levels change from day to day.




What should I eat?

What do I want? wanting only bad foods at first is normal.
These cravings will decrease as you integrate all foods (guilt =
eating more forbidden foods). Do you feel for something sweet?
salty? crunchy? hot? protein? etc.

What do I need? what have I ate today? any food groups I
have missed? what do I tend to eat too little of? Understanding
what your body requires and tracking what you eat for a few
days can help.

What do I have?: in the house? at work? around me? Planning
is key to being able to satisfy your needs and wants.




How will I eat?

Notice how environment (tv vs eating at the table), emotions (sad vs
happy) and physical states (tired vs rested) effect your food choices,
and appetite levels.

Increasing awareness of the environment, emotions and physical
states increases satisfaction of food.

Increase you awareness by:

- Checking in with hunger and fullness levels throughout the day
- Deciding (before eating) how full you want to be after eating
- Verify how you feel satisfied mentally and physically after eating
certain foods. What is what you expected?
- Eat with fewer distractions
- Eat in a calm environment
- Savor flavors, smells, textures of the food.
- Notice the change in sensitivity of your taste buds.



How much food do I need?

It takes practice to learn how much of certain foods are
needed to satisfy.

Leaving a meal feeling satisfied is amazing!

Check in with yourself and determine how hungry you are.

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Avoid feeling guilty, ashamed or upset if you happen to eat
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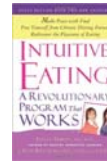
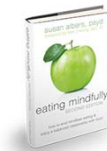
Eating beyond your satisfaction level can be a consequence of
dieting, not paying attention when you are eating and from
habits.

Do you want to...

- Improve your health?
- Feel calm around food?
- Better hear your hunger and fullness cues?
- Feel confident in eating all foods in moderation?
- Stop binging?
- Feel more comfortable in your body?
- Managing your feelings without turning to food?

If YES, then mindful eating can help you feel more **IN CHARGE** of your eating and health.

Mindful Eating Resources



- www.LisaRutledge.ca
- www.thecenterformindfuleating.org
- www.amihungry.com
- <http://www.juliedillonrd.com>
- <http://www.emilyfonnesbeck.com/>
- <http://www.marcird.com/>
- <http://eatingmindfully.com/>

