

# Make Peace with Food

Our priority is You

MEDICAL  
ASSOCIATES  
*of PORT PERRY*



North Durham  

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Family Health Team

Week 2

# Week 1 Review

Any **observations**, **learning**, **insights** since the last session?

Please share!



## BASICS of Mindful eating

- **B** - Breathe and belly check for hunger and satiety before you eat
- **A** - Assess your food
- **S** - Slow down
- **I** - Investigate your hunger throughout the meal, particularly half-way through
- **C** - Chew your food thoroughly
- **S** - Savor your food

(The Centre for Mindful Eating, 2017)

# Mindful eating exercise

▶ Emily

# What is Mindful Eating?

Mindful Eating is

- Allowing yourself to become aware of the positive and nurturing opportunities that are available through food selection and preparation by respecting your own inner wisdom.
- Using all your senses in choosing to eat food that is both satisfying to you and nourishing to your body.
- Acknowledging responses to food (likes, dislikes or neutral) without judgment.
- Becoming aware of physical hunger and satiety cues to guide your decisions to begin and end eating.

# What is Mindful Eating?

## Someone Who Eats Mindfully

- Acknowledges that there is no right or wrong way to eat but varying degrees of awareness surrounding the experience of food.
- Accepts that their eating experiences are unique.
- Is an individual who by choice, directs their attention to eating on a moment-by-moment basis.
- Gains awareness of how they can make choices that support health and well being.
- Becomes aware of the interconnection of earth, living beings, and cultural practices and the impact of their food choices on those systems.

The Centre for Mindful Eating

# Did you know...??

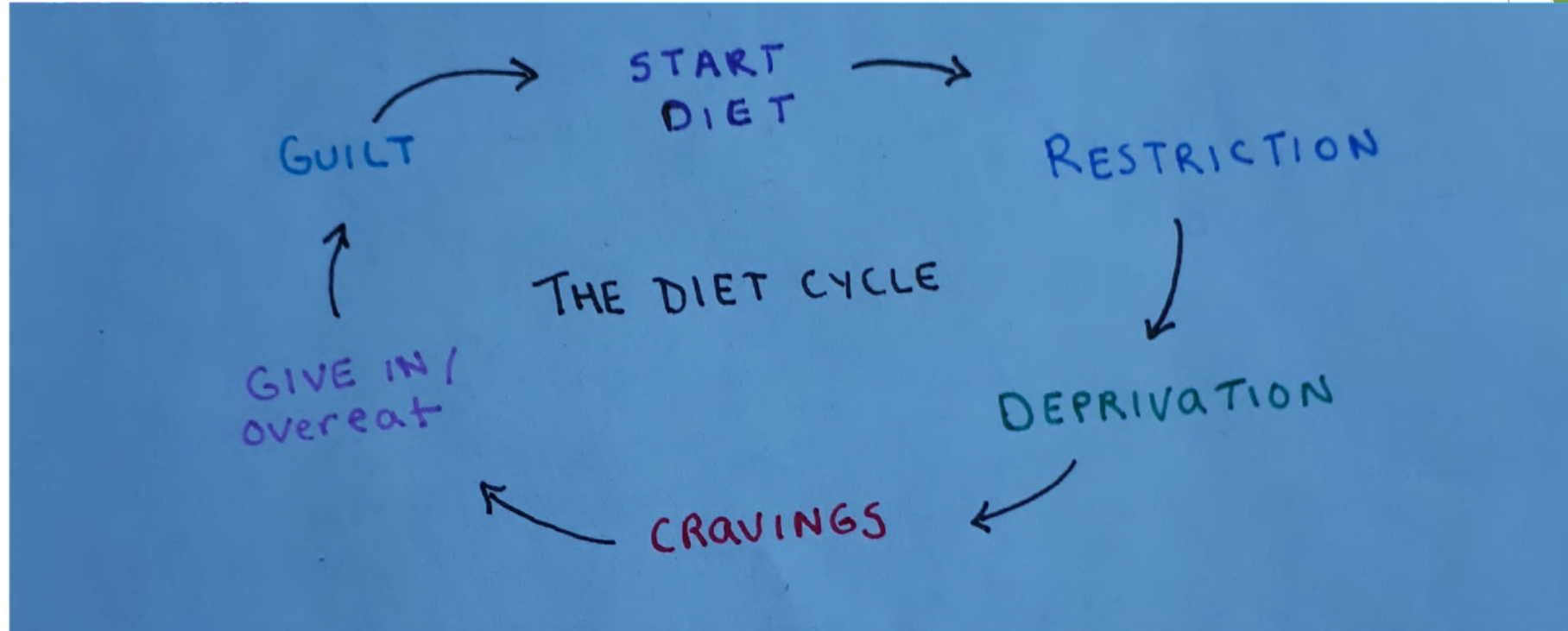
*We make over 200 decisions about food per day.*

This is what makes “fad diets” so appealing. All the decisions about what, when and how much food to eat are already made for us. We are then eating according to someone else’s **rules** rather than trusting our own bodies.

What is your experience with **dieting**?



# What happens when we diet?





From week one  
Icebreaker

<b>Reasons for wanting to lose weight (positive outcomes)</b>	<b>Side effects of weight loss (negative outcomes)</b>
<ul style="list-style-type: none"><li>• look better</li><li>• feel better</li><li>• smaller size clothes and better fit</li><li>• healthier body</li><li>• healthier brain</li><li>• eating healthier</li><li>• feel happier</li><li>• lower risk of disease</li><li>• improved bp, cholesterol, blood sugars etc.</li><li>• improved well-being</li><li>• improved self-esteem/confidence</li><li>• more positive attitude</li><li>• more hopeful</li><li>• less pressure on joints</li><li>• ability to be more active</li><li>• more successful</li><li>• more loved and desired</li></ul>	<ul style="list-style-type: none"><li>• increased appetite and hunger</li><li>• overeating</li><li>• binge eating</li><li>• stress</li><li>• guilt</li><li>• body shame and blame</li><li>• feeling discouraged</li><li>• poor satisfaction/enjoyment of food</li><li>• short term success</li><li>• weight cycling</li><li>• diminished health</li><li>• weight gain/regain</li><li>• frustration</li><li>• poor self-esteem</li><li>• preoccupation with food</li><li>• rules- cannot eat out in a restaurant or after a certain time</li><li>• difficult to enjoy eating with family and friends</li><li>• must eat according to calories or points</li><li>• cravings</li><li>• dietary rigidity -restrictive eating/avoid favourite foods</li><li>• emotional eating</li><li>• weighing food and your body</li><li>• preoccupation with weight</li><li>• less time to do what you like to do</li><li>• helplessness- therefore practice of healthy behaviours becomes futile</li><li>• more susceptible to food triggers</li><li>• metabolic adaptation- body protects setpoint</li><li>• compensation/punishment with exercise etc.</li><li>• poor psychological well-being; depression</li><li>• poor trust of hunger and your body</li><li>• disordered eating/eating disorders</li></ul>

# Why dieting doesn't work

[https://www.ted.com/talks/sandra\\_aamodt\\_why\\_dieting\\_doesn\\_t\\_usually\\_work?language=en](https://www.ted.com/talks/sandra_aamodt_why_dieting_doesn_t_usually_work?language=en)

What are some of the “rules” someone might follow to try to lose weight?

These “rules” ignore one of our own  
*superpowers....*

- ▶ Think for a moment about if you had a superpower...  
What would **YOUR** superpower be?



# Internal vs. external eating cues

- ▶ *Internal cues have an internal focus of attention  
(superpowers)*

Eg. **Hunger and fullness**, temperature, fight or flight response, need to use the washroom, sleep

- ▶ *External cues have an external focus of attention*
- Eg.

# External Cues

- ▶ advertising/ marketing
- ▶ celebrations
- ▶ eating with friends or family
- ▶ time/schedule
- ▶ dieting rules
- ▶ kcalories/points
- ▶ emotions
- ▶ senses (smell/sight etc.)
- ▶ weigh scale
- ▶ fitbit

# Learning to TRUST *your* body

- ▶ Some of us are not realizing the full potential of our superpowers.

*“It is scary to think that we are trusting others to tell us what is good for our own bodies”*

***YOU ARE THE EXPERT OF YOUR OWN BODY***

What experience, if any, do you have  
with **Intuitive Eating**?





# Intuitive Eating Principles

- ▶ **10 principles of intuitive eating:**
  - ▶ **Reject the Diet Mentality**
  - ▶ **Honor Your Hunger**
  - ▶ Make Peace with Food
  - ▶ Challenge the Food Police
  - ▶ Respect Your Fullness
  - ▶ Discover the Satisfaction Factor
  - ▶ Honor Your Feelings without Using Food
  - ▶ Respect Your Body
  - ▶ Exercise—Feel the Difference
  - ▶ Honor Your Health with Gentle Nutrition

Evelyn Tribole and Elyse Resch <https://www.intuitiveeating.org>

# Mindfulness Meditation



# Wrap up

- ▶ Questions?
- ▶ New awareness, new learning or unlearning?

# References

- Evelyn Tribole and Elyse Resch <https://www.intuitiveeating.org>
- Michelle May MD <https://amihungry.com/>
- Sandra Aamodt: Why Dieting Doesn't Usually Work  
[https://www.ted.com/talks/sandra\\_aamodt\\_why\\_dieting\\_doesn\\_t\\_usually\\_work?language=en](https://www.ted.com/talks/sandra_aamodt_why_dieting_doesn_t_usually_work?language=en)
- The Centre for Mindful Eating <https://thecenterformindfuleating.org/>

## Mindfulness Meditation:

- Leo Babauta: Approaching Life with Beginner's Mind  
<https://zenhabits.net/beginner/>