

D.I.E.T.

*Intention and Awareness:
A Mindful Eating Journey*

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Thoughts?

What does Mindful Eating mean to you?



What feelings does this statement conjure up?

“Eat what you love, love what you eat”

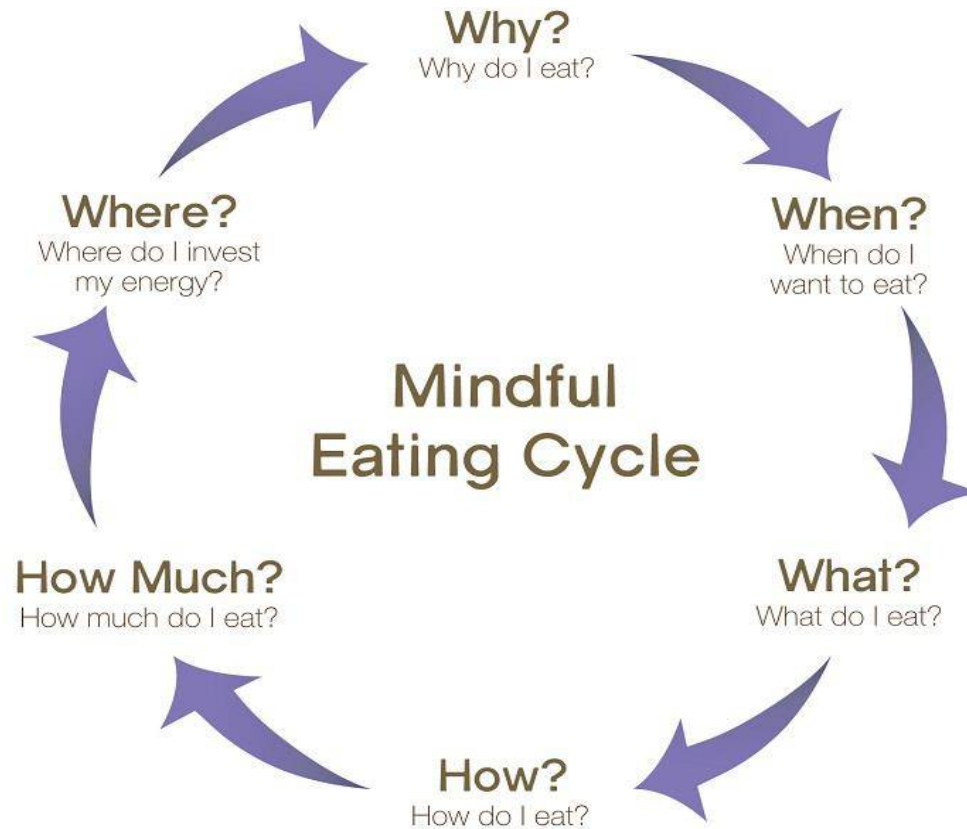
What the experts say

- Mindfulness can be a form of meditation designed to help you recognize and cope with your emotions.
- It is used to treat depression, anxiety and even some eating disorders.
- It can help to get you in a state of full attention so you can be aware of more experiences including cravings, and physical cues when eating.

Fundamentally, mindful eating involves:

- Eating slowly/with less or no distractions
- Listening to physical hunger cues and stopping when you are full
- Distinguishing between true hunger and non-hunger triggers
- Engaging your senses by noticing colors, smells, sounds, textures and flavors
- Mindful eating can help to cope with guilt and anxiety about food
- Eating to maintain overall health and well-being
- Learn how to appreciate food more often

Mindful Eating Cycle



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Restrictive eating cycle

Why?	Follow rules
When?	“Good” or allowed foods
How?	Eat rigidly/ calories/times
How much?	The amount suggested from diet
Where?	Energy is spent on diet and exercise



Overeating cycle

Why?	Personal triggers
When?	Emotional or external triggers
What?	Tempting or comfort foods
How?	Eat in secret/quickly (mindlessly)
How much?	Until food is gone/uncomfortable
Where?	Excess fuel is stored

GUILT

Instinctive eating cycle

Why?	Eat when hungry
When?	Eat when you are hungry
What?	Whatever you choose
How?	Intentionally
How much?	Enough to satisfy hunger
Where?	Living your life/passions/activities



Let's start this journey with your hunger

- The Mindful Eating Cycle is a visual tool to help you understand YOUR relationship with food
- However, we have to start at the beginning, and it all starts with hunger.
- Do you get hungry? When was the last time? What did you do about it?

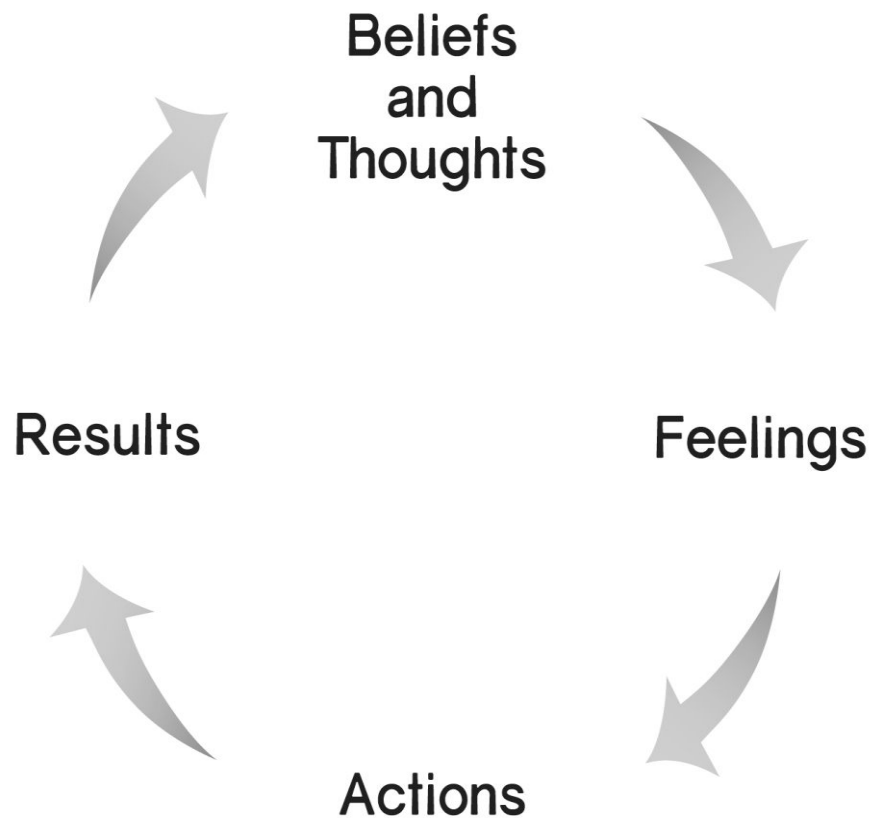
Let's talk about your hunger and fullness cues

The Hunger Scale



Time to dig a little deeper...

- What causes you to feel the way you do?
 - TFAR



Triggers

- Physical
- Environmental
- Emotional
 - **R**ecognize (name the emotion)
 - **A**llow (don't fight the emotion)
 - **I**nvestigate (you may have cognitive distortions)
 - **N**ot to identify and nurture

Fearless Eating; trust your body!

Ask yourself the **four** little questions from time to time...

- 1) What do I want?
 - Taste, texture, temperature, type, craving
- 2) What do I need?
 - Look at your day
 - What is your body telling you?
- 3) What do I have?
 - Plan
- 4) **Am I even hungry?**



Mindful Eating is not just head and mouth, it includes your belly. It wants to be in the conversation too.

How many rice cakes does it take to satisfy a craving for chocolate?

8 rice cakes and a Snickers



Change your little voice

- Get rid of the good, bad, perfect
- Say “I choose” instead of “I can’t”
- Can you give me some examples?

“The key to eliminating guilt is to give yourself unconditional permission to eat any food.”

How does this phrase make you feel?

Fear-based vs. Fearless thoughts

- **Fear-based:** I won't make healthy choices
Fearless: I enjoy a variety of healthy, satisfying foods
- **Fear-based:** I should feel guilty when I eat what I love
Fearless: I eat what I love, and I love what I eat
- **Fear-based:** I really shouldn't be eating this
Fearless: I choose balance, variety, and moderation in my eating
- **Fear-based:** I can't trust myself
Fearless: I trust myself to eat in a way that nourishes my body, mind and spirit.

Speedbump

- Time to check in
- Visually or physically divide food
- Check your fullness level

The Hunger Scale



Eat with intention and awareness

- Eat with *intention*
 - Be present while eating
 - Eat when you feel the hunger cues
 - Fuel your body
 - Aim for feeling better after eating
- Eat with *awareness*
 - Avoid distractions
 - Be aware of the ambience, flavors, aromas, temperature, and texture of the food
 - Use the hunger/fullness scale

Thank you.

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