

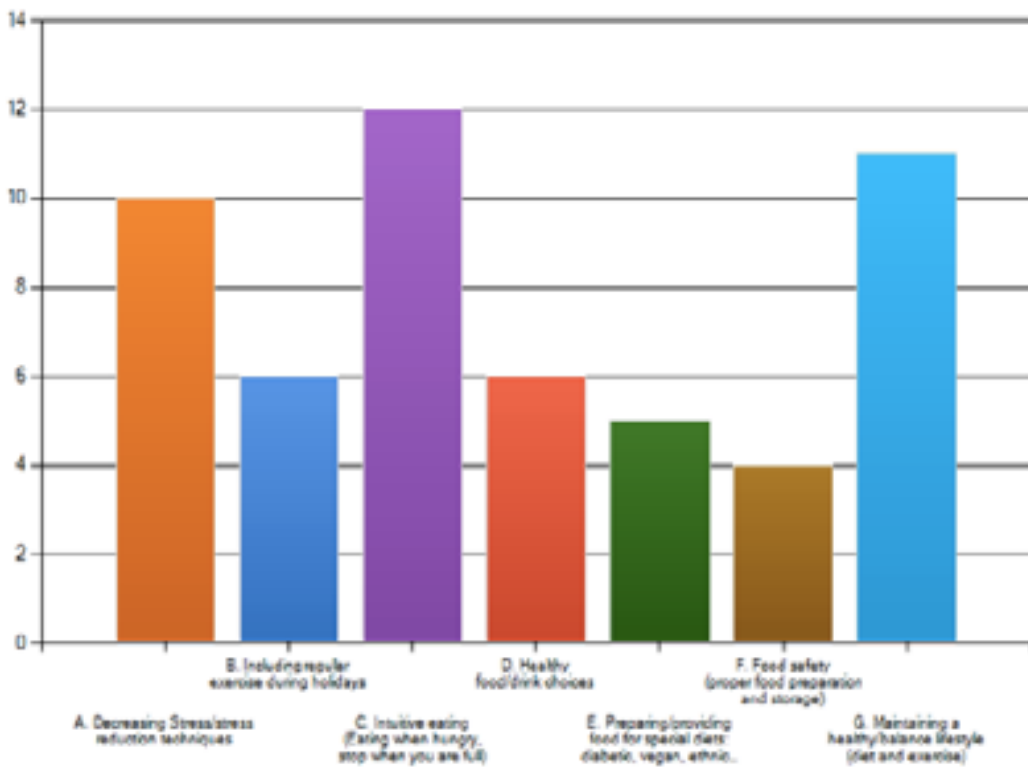
Happy Healthy Holidays:

What you want to know about
Intuitive Eating

Created by: Christina Germann
OHSU Dietetic Intern

Introduction

Of the following, please indicate which are the two most important topics that you would be interested in learning about, with reference to the holiday time frame: (Check two)



- This presentation is based on the results of the survey that was sent out in late September.
- The most requested topic turned out to be **Intuitive Eating**



Session Objectives

- 1. To be able to define Intuitive eating
- 2. To be able to contrast hunger cues and satiety cues
- 3. To be able to gauge hunger using the hunger scale



Warm-up Scenario

- You find yourself at a holiday party with a table full of food. You feel that you don't want to miss out on anything because it all looks so delicious. You pile your plate full, with a little bit of everything. By the time you are done conversing with other party goers, you look at your plate and find that it is...
 - Turn to a partner and explain how you would end this scenario
 - What feelings or thoughts does this situation trigger for you?

Care to Share?

- How did that make you feel?
- What are some of the responses you had to that scenario?

- Can you share what you know about or what you have heard about Intuitive Eating and/or how this situation ties into Intuitive Eating?



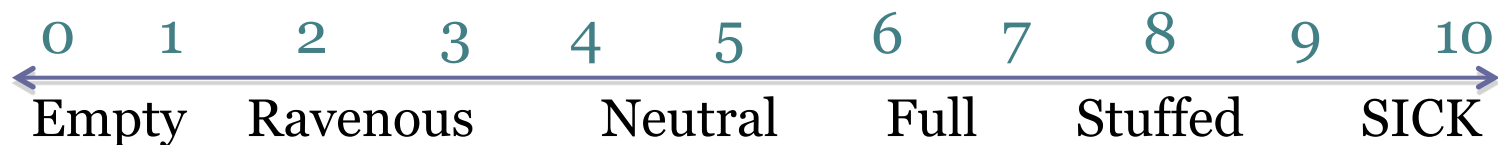
Intuitive Eating (IE): The Basics

It is so much more than “Eat when you are hungry, stop when you are full”

- IE is built upon several principles focused on your relationship with, and approach to food and exercise
 - It is about awareness: listening to your body for what it wants and needs
 - IE gets away from the “diet mentality” as well as “good” vs. “bad” foods and activities
 - IE doesn’t look at food and exercise in terms of “calories”, instead as what is healthy or desired

IE Principle 1: Honor Your Hunger

- Moderate and conscious eating: keep yourself satisfied with enough food
 - Prevent yourself from getting so hungry that your body's signals to stop eating don't fly out the window
 - Listen to your body when it gives you signals that it needs food/hunger or when you need to stop eating/full
- Learn how to use the hunger-fullness scale:



IE Principle 2: Make Peace with Food

- “...Give yourself unconditional permission to eat.”
 - If you limit yourself (“I shouldn’t”), this can lead to feelings of deprivation, in turn leading to intense cravings that can result in bingeing
 - Don’t lead yourself down the path of over-eating and feelings of guilt
- This is important to think about during the holidays, when there is a lot of foods that you only see at this time of year
- There is no such thing as “Good” or “Bad” foods, just enjoy what you are eating, keeping in mind your hunger-fullness level

IE Principle 3: Respect Your Fullness

- “Listen for the body signals that tell you that you are no longer hungry.”
 - Monitor the signs that indicate that you're comfortably full
 - Take the time to see if the food is still tasting good
- “Hunger Cues”: when your body is telling you to eat; when your body needs food
- “Satiety Cues”: when your body tells you to stop eating; when you are full
 - Again, take a look at the hunger-fullness scale
- You don't have to “clean your plate,” but you can adjust portion sizes

IE Principle 4: Discover the Satisfaction Factor

- We may sometimes overlook the pleasure and satisfaction that can be found in the eating experience
 - The enjoyment that can be felt from eating what you really want in a pleasurable environment can be powerful
 - Can lead to satisfaction and contentment
- Remember the scenario we discussed:
 - Did you enjoy your food, your environment?
 - Were you satisfied?

IE Principle 4:

Discover the Satisfaction Factor, Cont.

- **Five Values:**
 - **Ask yourself what you REALLY want to eat**
 - **Discover the pleasures of the palate**
 - Take the time to actually taste, feel, and smell... your food
 - **Make your eating experience more enjoyable**
 - Enjoy and appreciate your food; eat when hungry, not starving!
 - **Don't settle**
 - If you don't love it, don't eat it... Don't feel obligated to finish something if you don't like it
 - **Check in: Does it still taste good?**
 - Have you ever noticed that the last bites don't taste as good as the first bites?

IE Principle 5: Exercise--Feel the Difference

- “Shift your focus to how it feels to move your body, rather than the calorie burning effect of exercise.”
 - Exercising to burn calories vs. being active and moving to be healthy
 - Focus on the feeling you get when you are active and find ways to implement this throughout the day

Ways to stay active during the holidays:

- Take the stairs: make it a game, can you beat your best time?
- Park further away and get a nice walk in
- Take the family window shopping and do a few extra laps around the mall

Snack Time

- Time to experience principle number 4!
 - Look at your snack: what do you see?
 - Touch your snack: how does it feel?
 - Smell your snack: what does it smell like?
 - Taste your snack: close your eyes and savor it. Pay attention to it. How does it taste?

 - Do you like it or not? Does it taste different this time compared to past experiences?



In Conclusion

- This only skims the surface
- Keep in mind:
 - IE is about intuitive eating and exercise
 - It's about staying healthy
 - Honor your health by listening to your body
 - Remember the Hunger-Fullness Scale
 - Choose foods based on taste and pleasure
 - Remember to savor your food and not deprive yourself

THANK YOU!

For more information about intuitive eating, check out
Intuitive Eating: a revolutionary program that works
By Evelyn Tribole, MS, RD and Elyse Resch, MS, RD, FADA
or visit: <http://www.intuitiveeating.org/>

•Christina, our OHSU intern would like to thank you for participating in the survey and the presentation today. Unfortunately she is in another rotation and could not be here in person with us.

