

# Mindful Eating

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# Why do we eat?



# Mindless Eating

Convenience Eating

Hurried Eating

Distracted Eating

Diversion Eating

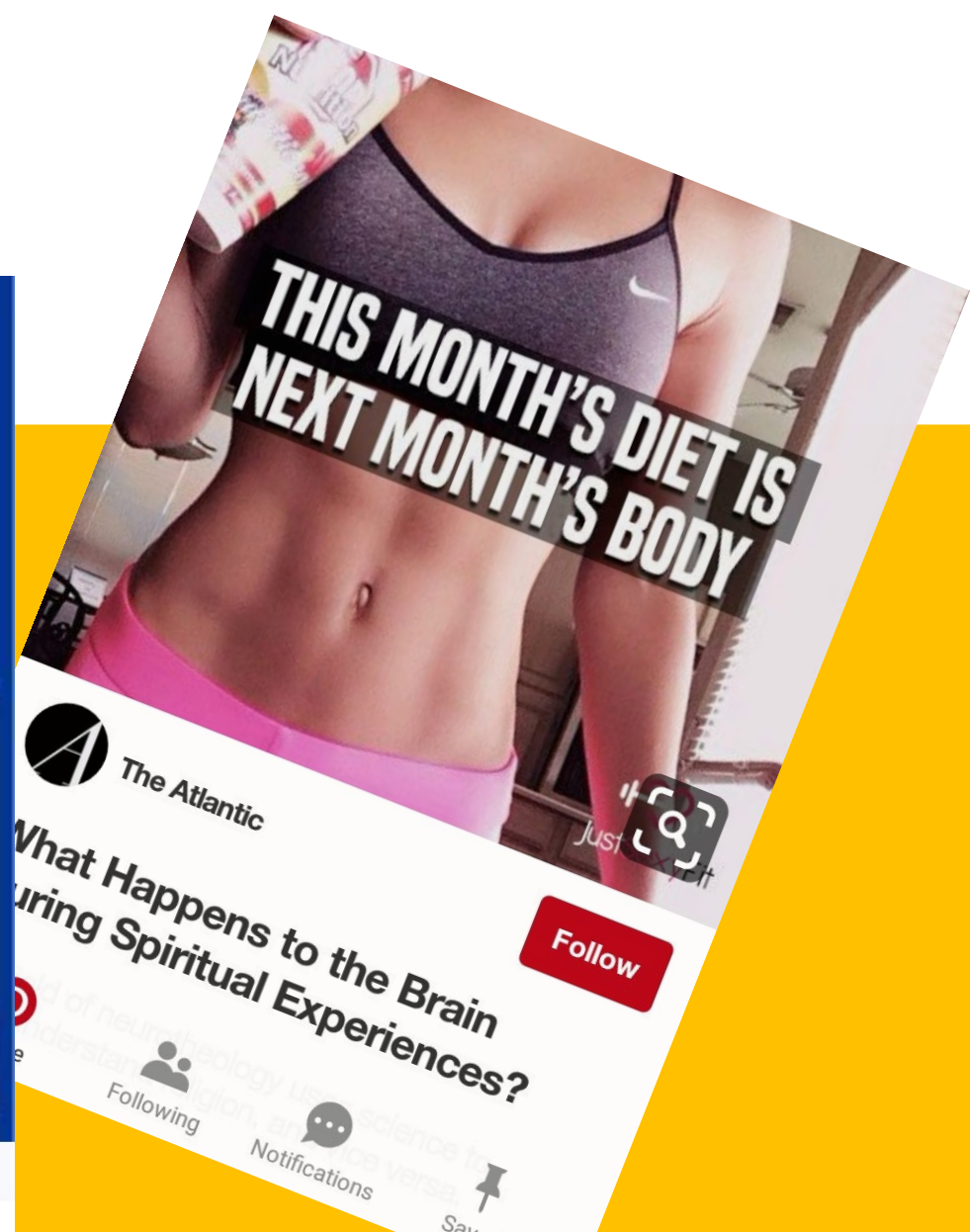
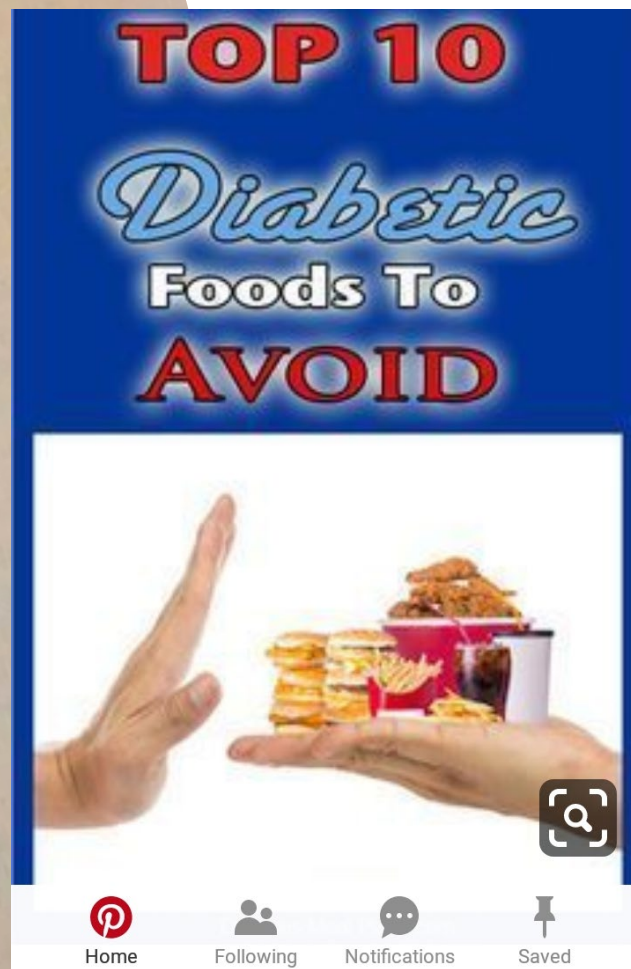
Expected Eating



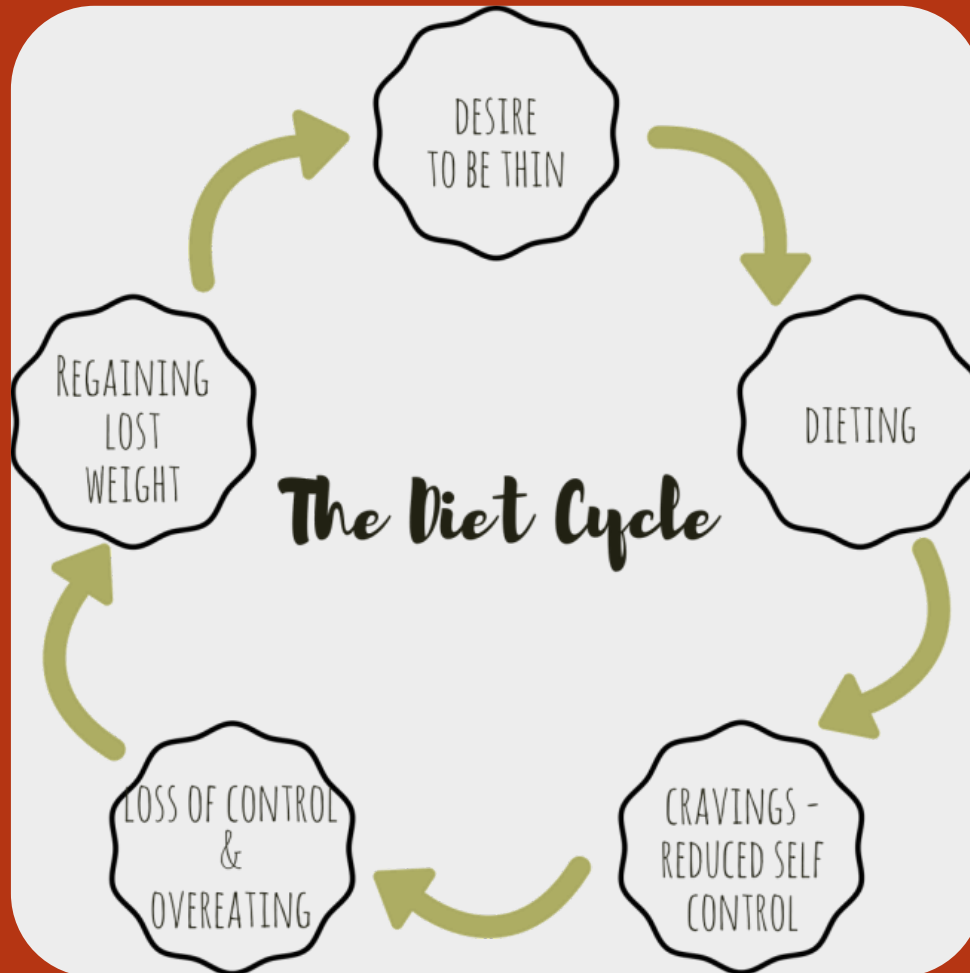
Broke Lark, <https://unsplash.com/photos/V4MBq8kue3U>

## TO MAXIMIZE WEIGHT LOSS THE FOLLOWING FOODS SHOULD BE AVOIDED

- Peanut Butter
- Nuts
- Bacon
- Sausage
- Hot dogs
- Bratwurst
- Bologna in any form
- Braunschweiger
- Salami
- Potted meat
- Spam
- Vienna Sausage
- Beef Jerky
- Breaded and fried foods
- Fast Food
- Pork rinds
- Potato chips in any form
- Movie popcorn
- Snack crackers
- Regular pop
- Alcohol
- Starbucks including sugar-free
- ... including sugar-free



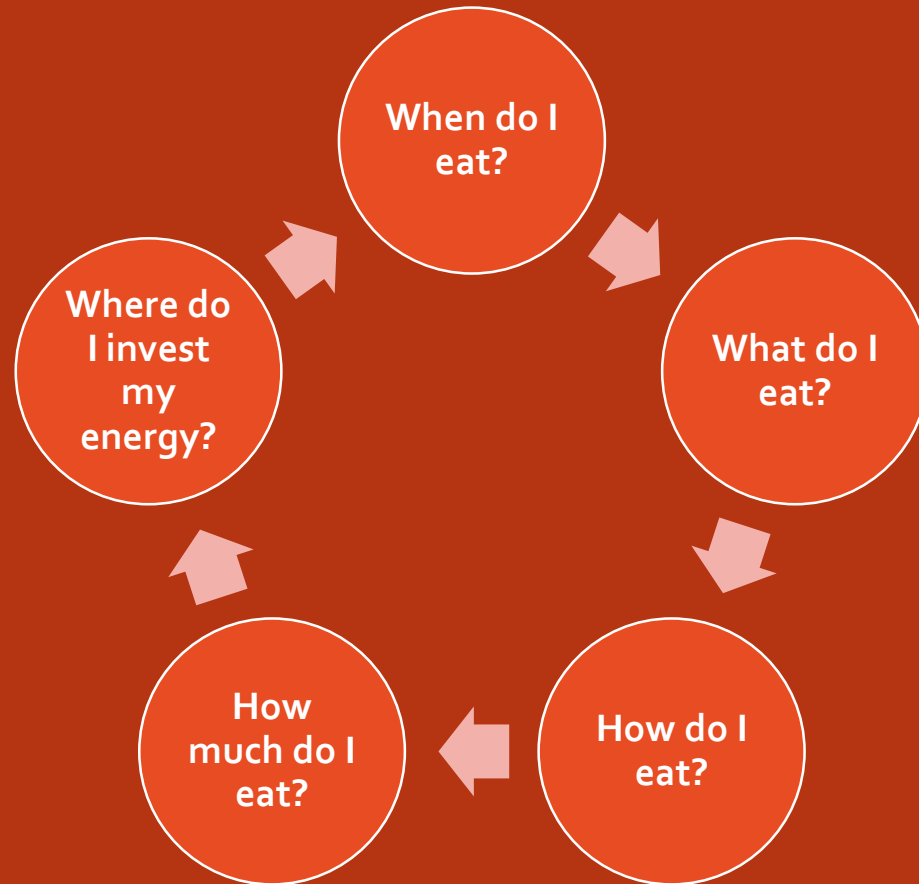
# External Messages and Rules



# The Problem with Diets



# Is there an alternative to the Diet Cycle?



Mindful Eating is learning to trust your body and increasing your awareness of the many factors that influence eating.

## Another way!



# What is Mindful Eating?



Mindful eating is:

- eating with *intention* and *attention*;
- being fully present when eating, whether it is a snack or a meal;
- judgment and guilt free;
- how you appreciate nourishment and unique eating experiences.

# How do I eat mindfully?



- Ask yourself: Am I hungry?
  - Notice where you feel your hunger
  - Can you rate your hunger on a scale?
  - If your body isn't hungry, and you need nourishment in a different way, eating will not help you feel satisfied!
- Pay attention with your senses
  - When you are choosing what food to eat
  - While you are eating
- Savor the experience of eating!
  - Eat without other distractions
  - Eat until your body feels satisfied, but not too full

Infants are born eating only when they are hungry. We can lose the ability to pay attention to these cues due to medical conditions, stress, and being taught to clean our plates each meal.

How hungry am I?

1. I am starving and feel weak.
2. I am very hungry and maybe feel cranky.
3. I feel hunger pangs.
4. I feel slightly hungry and know that I am about to be hungry.
5. I am comfortable. I could or could not eat and still feel ok.

Try beginning your meal when you are at 3 or 4. Notice how you feel, how you ate, and whether you would make a different choice in the future.



# Am I really hungry?

Freddie Marriage, <https://unsplash.com/photos/X9Za3VjKlgc>



# Am I satisfied? Or am I full?

Brooke Lark, <https://unsplash.com/photos/W9OKrxBqiZA>



## How do you decide when you've had enough to eat?

External cues, like an empty plate or food container, may not match what our body needs in that moment.

6. I feel mostly satisfied but could eat a little more.
7. I am completely satisfied.
8. I am full and uncomfortable.
9. I am too full and very uncomfortable.
10. I feel sick I am so full. I feel nauseous and might even vomit.

Try ending your meal at 6 or 7. Notice how you feel, how you ate, and whether you begin to feel hungry quickly or whether you feel over full as time passes. Consider whether you would make a different choice in the future.

Joseph Gonzalez, <https://unsplash.com/photos/QaGDmf5tMiE>



# Permission to play with your food!



- What do I see?
- What do I smell?
- What do I hear?
- What does it feel like to chew it and eat it?
- How do I experience the taste?
- Do I feel satisfied after eating this food?

# Making Choices

Herson Rodriguez, <https://unsplash.com/photos/aZOqcEK2KuQ>



What do I want?

What do I need?

What do I have?

# Mindful Eating When You Have a Health Condition

Joanie Simon, <https://unsplash.com/photos/2r8BzVYZleo>



The mindful eating approach is a way of caring for and nurturing your body. Sometimes this might mean eating more foods that are supportive for a particular health condition.

For example:

- Diabetes
- After weight loss surgery
- Polycystic Ovarian Syndrome (PCOS)
- Celiac Disease
- Food allergies and sensitivities

# Mindful Eating Holiday Habits

Patrick Fore, <https://unsplash.com/photos/hoxqcGUheeo>



- Set your intentions ahead of time.
  - At what point on your hunger scale do you want to stop eating?
- Check in with yourself regularly.
  - Are you feeling hungry, satisfied, or too full?
- I overate! Now what?

Before the spiral of guilt and shame begin, consider Dr. Michelle May's tips on using mindfulness to respond differently

- Turn your 'mistake' into a learning experience.
- Notice when you feel hungry again and how it feels to eat.
- Don't beat yourself up!

Chloe Benko-Prieur, <https://unsplash.com/photos/BJvZgl7p2mY>



# Where can I learn more?

Am I Hungry? website and books

<https://amihungry.com/mindful-eating-resources/>

# References

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