



Intuitive Eating – Week 2

Key Messages

Principle 3: Make Peace with Food

- This involves allowing **ALL foods to fit**, without labelling foods as *GOOD* or *BAD*
- Grant yourself permission to eat a variety of foods without guilt or fear

Principle 4: Challenge the Food Police

- Using personal experience and scientific evidence is key when forming nutrition beliefs
- Choose gratitude and “**for the most part**” thoughts about eating

Principle 6: Discover the Satisfaction Factor

- Intuitive Eating means **rediscovering the JOY** of eating
- Hunger and fullness impact the amount of joy and satisfaction we get from food

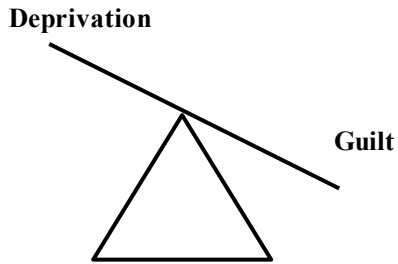
Principle 7: Cope with Your Emotions with Kindness

- Prioritizing your emotional health can improve your relationship with food

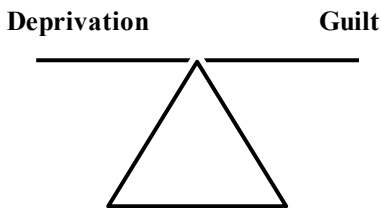
Interesting Facts:

- The estimated revenue of the weight-loss industry in Canada in 2023: \$411 million.
- Risks of repeatedly ineffective diets: increased body dissatisfaction and decreased self-esteem.
- “A wise person does not simply choose the largest amount of food but the most pleasing food.” Epicurus (341-270 BC)

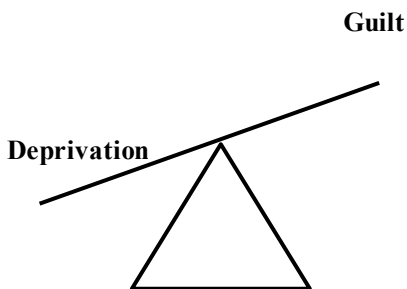
Make peace with food



- As you restrict foods you enjoy eating, deprivation becomes higher and higher at the same time guilt feelings become less and less as you have not eaten any “bad” foods.
- The level of deprivation rises until you can’t bear one more meal of restrictive eating. Since you have no build-up of guilt, you’re wide open to allowing some forbidden foods into your life and able to tolerate the beginning feelings of guilt as you eat the first forbidden food.



- The guilt triggers feelings of being “bad” which leads you to more food, with its accompanying guilt.
- Guilt builds, deprivation begins to recede.



- As time goes by, you feel worse about breaking your diet rules, and guilt rises to its highest point.
- Deprivation feelings are almost non-existent because you’ve eaten all the foods that weren’t allowed.
- At this point, the cycle repeats itself – up & down, from diet to binge.
- Only way to get off the seesaw is to let go of deprivation – which allows you to let go of the guilt.

- To end the pattern of restraint and subsequent overeating: You need to give yourself unconditional permission to eat whatever you really like.

How?

- Throw out the preconceived notion that certain foods are ‘good’ and others are ‘bad’. No one food has the power to make you fat or slim. Make avocado emotionally equivalent to lettuce and peach pie equivalent to a peach.
- Eat what you *really* want.
- Eat without feeling you need to make up for it later. (“I can have cheesecake, but tomorrow I will begin dieting.”) These personal food diets are not unconditional.
- When you truly free your food choices, without any hidden agendas of restricting them in the future, you eliminate the urgent need to overeat.



Challenge the Food Police

What are some of your food beliefs and where did they originate from?

Your Food Belief	Origin of Food Belief (media, myth, science, personal experience)	Is this Food Belief true? How do you know it is true?	How could you reframe this statement?
Protein is the best food group.	Media, friends, advertising, self-proclaimed experts	I feel a little bit more full when I have protein, but when I have too much it doesn't make me feel that much better. No scientific consensus guidelines anywhere suggesting this eating pattern is best either.	Protein is one part of a balanced diet.

Speak up; assert yourself!

Reflect on the comments you have received from others:

Specific Comment	How did you feel when you heard this comment?	What action did you take? What did you say or do?	Was there any other action you wish you had taken? If so what would that be?
"It looks like you've gained some weight."			
"That doesn't look that healthy."			

Some research-based nutrition beliefs

Intuitive Eating Beliefs

- Diets don't work.
- Your body can regulate hunger and fullness and knows what it needs.
- Aim for a 7 out of 10 fullness at meals.
- There are no good foods or bad foods.
- Choosing foods you like and find satisfying helps your ability to regulate your nutrition intake.
- Eating for emotional hunger will never address the underlying need.
- Body RESPECT: All bodies are good bodies to be respected.
- Exercise: Moving your body in a way you enjoy will help you to feel energized.


Discover the Satisfaction Factor

Reflection:

- What do you really want to eat?
- What types of environments do you want to eat in?
- How much time do you set aside to nourish yourself?
- Are you engaged in other activities while eating?
- Do you have an inviting space to eat at home?
- Is there anything you would like to change?

Cope with Your Emotions with Kindness


“Find ways to comfort, nurture, distract, and resolve your issues without using food. Anxiety, loneliness, boredom, and anger are emotions we all experience throughout life. Each has its own trigger, and each has its own appeasement. Food won’t fix any of these feelings. It may comfort for the short term, distract from the pain, or even numb you into a food hangover. But food won’t solve the problem. If anything, eating for an emotional hunger will only make you feel worse in the long run. You’ll ultimately have to deal with the source of the emotion, as well as the discomfort of overeating.” *The Intuitive Eating Workbook* (Tribole, Resch)




TOP SHELF

<p>Breathe & Calm</p> <ul style="list-style-type: none"> • 3 slow breaths • 4 box breaths • step outside and breathe 	<p>Move</p> <ul style="list-style-type: none"> • 1 minute stretch • move to music (1 song) • walk around the block 	<p>Order & Control</p> <ul style="list-style-type: none"> • put 5 things away • 5 minute tidy / clean up
--	--	---

DEEPER LAYER

<p>Breathe & Calm</p> <ul style="list-style-type: none"> • meditate • journal • gratitude • prayer / mantra • scent 	<p>Move</p> <ul style="list-style-type: none"> • longer walk • yoga • workout • hike in nature • any activity you enjoy! 	<p>Order & Control</p> <ul style="list-style-type: none"> • clean the house • declutter • boundaries
<p>Love & Connection</p> <ul style="list-style-type: none"> • call a friend / family member • play with a pet • counselling appointment 	<p>Rest</p> <ul style="list-style-type: none"> • bath or shower • early bedtime • massage • downtime • vacation 	<p>Creativity / Joy</p> <ul style="list-style-type: none"> • hobby / creative pursuit • joyful activities • joyful relationships

 Jennifer Braxterman, MSc, RD

Thames Valley Family Health Team groups:

Introduction to Mindfulness: <https://thamesvalleyfht.ca/introduction-to-mindfulness-virtual/>

Living Mindfully: <https://thamesvalleyfht.ca/programregistration/living-mindfully-virtual/>

Mind Over Mood: <https://thamesvalleyfht.ca/programregistration/mind-over-mood-virtual/>

Cope with Your Emotions with Kindness

Self-Care: Enough rest, sensual pleasure, expression of feelings; in order to be heard, understood, and accepted; intellectual and creative stimulation, comfort and warmth.

Q: What is your definition of self-care? Do you ever take care of others' needs while negating yours? How does this make you feel? How can you prioritize your own self care? What is one realistic way to improve your self-care this week?

A:



Cope with Your Emotions with Kindness

Self-Nurturance: Goes beyond the basics of self-care. It's being extra nice to yourself.

Some self-nurturance activities might include: playing with pets, listening to soothing music, reading a book for pleasure, taking a walk in nature, looking at a sunset, buying yourself flowers, getting a massage, bubble baths, sauna, steams, meditating.

Q: What are your self-nurturing activities? (Make sure to list a few free ones). What is one realistic way to incorporate more self-nurturing into your life this week?

A:



Cope with Your Emotions with Kindness

Learning to sit with feelings: Be willing to take the time to figure out your emotional triggers, **so that eating is connected to hunger and satisfaction rather than your feelings.**

Try it: Homework Activity

Next time you are not physically hungry but still want to eat, before you put any food in your mouth, set a timer for five minutes. Sit or lie down in a quiet place, without distraction. Explore any feelings or emotional triggers you are experiencing that might be causing your desire to eat. Give yourself permission to have the food if you still want it after five minutes.

Q: **Ask Yourself:** What do I really need in this moment? How can I fulfill this need without turning to food?

A:

Cope with Your Emotions with Kindness

The one little thing approach: One of the most powerful triggers to overeating is the feeling of being overwhelmed and anxious when life's demands seem to multiply exponentially.

The best coping mechanism is just select one task to do in the moment, while letting go of the worry about everything else.

Helpful Distraction: Sometimes we simply need respite from pain and to find non-destructive activities that can give us some satisfaction, joy, laughter, or a way to rest.

Q: What activities might you enjoy?

A:



