When One Size Doesn’t Fit All

Erin Gonzalez, RD, LD
Hunger and Fullness

Level 1  Level 5  Level 10
You CAN Learn To Eat Mindfully…

Begin with the

**Hunger & Fullness Scale**

<table>
<thead>
<tr>
<th>Starving</th>
<th>Hungry</th>
<th>Comfortable</th>
<th>Uncomfortable</th>
<th>Stuffed</th>
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<tbody>
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Aim to feel better when you're done eating than when you start.

- When you detect physical signs of hunger (2-3), choose foods that will satisfy what you want, balanced by what your body needs.
- Eat slowly, enjoying the smell, texture, and taste.
- Stop when you feel comfortable (5-6), knowing you will eat again when you're hungry next and you will choose foods that will satisfy your needs.

- **Be patient**, caring and compassionate as you learn.
  ~ Mindful eating is a practice, not a destination.
  ~ Enjoy feeling better about food and your body.

www.CamerinRoss.com
Mindfulness Eating Exercise
Rhythms of Hunger

- Hunger doesn’t follow a clock.
- Hunger may seem erratic.
- Eating when you’re hungry reassures metabolism.
- Eating small meals satisfies hunger best.
- Hunger is affected by how much you ate.
- Hunger is affected by what you ate.
- Hunger may be specific for a certain food.
- It may take 20-30 minutes to tell you are full.
- Hunger can be postponed.
- Hunger can’t be satisfied preventively.
When Is the Best Time to Eat?

- 5 or higher = I’m not hungry
- 4 = Wait or eat a small amount
- 2-3 = Ideal time to eat
- 1 = High risk time for overeating. Use caution!

The Hunger and Fullness Scale

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A speed bump slows you down. Anything that interrupts an automatic, mindless behavior and reminds you to pause, think, and then respond, is a speed bump.

- Separate food in half
- How does using smaller plates, bowls, and glasses affect my portion sizes?
- Do I notice a difference when I place a serving of food on a plate rather than eating it out of the container?
- What happens when I order or serve myself less?
- Does it help to keep serving dishes in the kitchen rather than on the table?
- Is it helpful to buy single servings, make my own snack size bags, or pack small containers?
- Do I like sharing meals?
- Is it easier to stop when I feel satisfied if I request a to-go container prior to starting my meal?
- What happens when I wait ten minutes before having seconds?
- Are there certain foods that I prefer to not keep in the house or at least keep out of sight?

✈️ Approach your experiments with curiosity
After eating, my Hunger and Fullness level is...

4 or less = I’m still a little bit hungry

My options:
- Wait to see if my fullness level increases
- Eat more now
- Eat again in a while
- Stop. This is a good strategy if...
  - I plan to have dessert
  - I’ll be eating again soon
  - I don’t want to feel food in my stomach (exercise)

### The Hunger and Fullness Scale

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After eating, my Hunger and Fullness level is...

5 = Satisfied – I feel great!

Remember this feeling:

• I’m not hungry and I feel comfortable
• I don’t feel the food in my body
• I could eat more but I don’t need to
• The flavor of the food begins to fade
• It’s harder to give every bite my full attention
• I feel light, energetic and ready for my next activity
After eating, my Hunger and Fullness level is...

6 = Full
• I can feel the food but it’s not unpleasant
• This is probably maintenance eating
• 5 or 6 = I’m done eating
• Strategies: Move away from the table, clear the food, clean the kitchen, cover my plate, package up leftovers, redirect my attention, etc.
After eating, my Hunger and Fullness level is...

7 to 10 = I feel very full, even sick

• “I ate too much!”
• I won’t beat myself up
• I don’t miss the lesson!
Explore with Curiosity Physical Fullness

- Am I comfortable, content?
- Do I feel food in my stomach?
- Does my stomach feel distended?
- Do I have any discomfort?
- Do I feel energetic or sleepy?
- Do I feel better than when I started?
- What is my Hunger and Fullness number?
Just Right!

Eating the “right” amount of food isn’t about being good. It’s about feeling good.

Plate can be purchased at:
https://mindfuleatingtableware.com/
Discover the Satisfaction Factor

• Ask Yourself What You Really Want to Eat
• Give Yourself Permission with Attunement
  • May need to practice habituation
• Eat When Gently Hungry Rather than Over Hungry
• Eat in a Pleasant Environment
• Savor Your Food
• Check in and Stop When You’re Satisfied
Eating Styles

• Unconscious Eater
  • Eating while doing something else at the same time.

• Chaotic Eater
  • Over-scheduled life. Eating style is haphazard – eat n go when time is available. This person’s life tends to be stressful.

• Refuse-Not Eater / Waste-Not Eater
  • Refuse not eater: Will eat when ever food is available, especially vulnerable to candy jars and other sweets that are set out. The Waste not eater is often influenced by monetary value, cleans his or her plate, and is very vulnerable to all you can eat buffets

• Emotional Eater
  • Eating triggered by uncomfortable emotions rather than hunger

• Careful Eater
  • Tend to be vigilant about what foods they put into their bodies and are highly nutrition conscious, while not technically on a diet they tend to under eat and monitor the quantity of food eaten, risk is that the careful eater can become overly diligent

• Professional Dieter
  • Perpetually dieting, eating choices connected not to health but to losing weight, often leads to binge eating and can develop into eating disorders

• Intuitive Eater
  • Makes food choices without experiencing guilt, honors hunger, respects fullness, enjoys the pleasure of eating while staying attuned to physical health.
Why Not Diets?

• Diets Don’t Work Over the Long Term
  • 85-97% of people who diet regain weight within 1-5 years

• Diets Can Disrupt Normal Eating and metabolism

• Dieting Can Cause Food and Weight Obsessions and Lead to Disordered Eating
  • 75% of American women fit criteria for disordered eating
Reject the Diet Mentality

• Diets Can Erode Self Esteem, Confidence and Self-Trust
• Dieting Can Negatively Impact Energy and Performance
• Dieting Can Put Your Life on Hold
Make Peace With Food

Non Forbidden Food
Eventually Loses Its Power
Challenge the Food Police

Dichotomous or All or Nothing Thinking

- I can eat only foods with zero grams of fat!
- Carbohydrates are “bad.” I’m never eating bread, potatoes, tortillas, or pasta again!
- I shouldn’t have eaten that cookie. Now, I’m off my diet. I might as well eat the whole box and start over again tomorrow!
- I blew it and had a piece of cake for dessert. I feel like such a loser! I can’t do anything right!
Catastrophic Thinking

- I tried so hard this week, but I still didn’t lose a pound. That's it! I give up. I'm never going to lose weight!

- I ate a whole bag of chips today. It’s hopeless! I’m always going to be an overeater. I’ll be fat and alone forever!

- I can't believe I ate an extra serving of carbs at dinner tonight. Now, I’m going to gain weight!
Pessimistic Thinking

- All the food here is greasy and fattening!
- All healthy foods taste terrible!
- When I look in the mirror, all I can see is my fat thighs!
- I have no self-control!
Self-fulfilling Prophecy

- If I get stressed out, I know I'll binge.
- If I eat too much, I have to do something to get rid of it.
- If I eat one serving of ice cream, I know I won't be able to stop.
- When I go to a party/potluck, etc., I know I'll eat everything in sight.
Should Statements

- I need to eat only salad for lunch or else I'll gain weight.
- I should never eat fast food if I want to be healthy.
- I must exercise every day or else I'll have to really restrict my diet.
- I shouldn't eat after 6:00 p.m. or else all the calories will turn to fat.
Changing Your Mind

• Listen to your thoughts.
  • I’ll never lose weight!

• Decide if your thoughts help or hurt your progress.

• Re-word your **negative** thoughts to make them into positive messages.
Challenging Negative Thinking

- **Cognitive Restructuring**
  - Am I being rational?
  - Is it sensible or helpful to think that I’ll never lose weight because I ate that piece of cake?

- **Learning Positive Self-talk**
  - "I'm a good person, and I like the changes I'm making."
  - "Sometimes I make choices that do not honor my bodies needs, and it’s OK. I can wait to eat again until I get hungry and make a choice that better meets my needs then."
Honor Your Health

Eat a variety of foods per day including:

✓ Whole grains
✓ Fruits and vegetables
✓ Protein
✓ Healthy Fats
✓ Calcium/Vitamin D sources
✓ Water
✓ Get enough sleep!!!!
Impact of Food Choices on Hunger

**BLOOD SUGAR RESPONSES OF FOOD GROUPS**

- **Liquid sugar:** fruit juice and drinks, pop, Slurpee®, iced coffee drinks
- **Fruit:** slower than fruit juice

**Graph:**
- **BLOOD SUGAR**
- **TIME (hours):**
  - 0
  - 1
  - 2
  - 3
  - 4

**Food Groups:**
- Starch
- Milk
- Protein
- Fat/Oil
Spiral Up
BUILD BALANCED PLATES
EAT WELL WITHOUT OVERTHINKING IT

THE STANDARD GUIDE FOR AN IDEALLY BALANCED PLATE.
Half fruits and vegetables, one quarter whole grains, one quarter protein-rich foods.
Use it when you feel your normal level of hunger.
This is good guide for meal planning and grocery shopping.

THIS VERSION BRIGHTENS PROTEIN AND STARCH.
One third each fruits and vegetables, whole grains, and protein-rich foods.
If you’re hungrier than normal or dining out, this plate may fit better.

THIS PLATE STILL PLACES A PRIORITY ON FRUITS AND VEGGIES.
Half fruits and vegetables and half whole grains, protein, or a combination of the two.
It also acknowledges that sometimes you want a big hunk of protein or a comforting portion of pasta.
Exercise – Feel the Difference

• Forget militant exercise
• Focus on exercise as a way of taking care of yourself
• Shift your focus to how it feels to move your body vs. burning calories
• Don’t deprive yourself of needed nutritional energy
• Include strength training
• Make exercise a non-negotiable priority
• Consider an exercise log
Respect Your Body

• Accept your genetic blueprint
• You don’t have to like every part of your body to respect it.
• Stop body bashing
• Your body deserves to be fed, treated with dignity, dressed comfortably, etc.
Make Peace with Food and Your Body

Make changes *because* you love your body, *not in order to* love your body.

“and i said to my body. softly. ‘i want to be your friend.’ it took a long breath. and replied, ‘i have been waiting my whole life for this.’”
Additional Resources

• **Books:**
  • Intuitive Eating, by Evelyn Tribole book and/or workbook
  • Body Kindness, by Rebecca Scritchfield

Podcasts:
• Food Psych (Christy Harrison)
• The Mindful Dietitian (Fiona Sutherland)
• Dietitians Unplugged (Glenys Oyston & Aaron Flores)
• Love, Food (Julie Duffy Dillon)
• Body Love (Jessi Haggerty)
• Body Kindness (Rebecca Scritchfield)
• Every Body (Daria Matza)
• Mind Body Musings (Madelyn Moon)

• **Websites:**
  • Mindful Eating for parents & children - Megrette Fletcher
    • https://megrette.com/kids-menu/
  • The Center for Mindful Eating (USA)
    • http://www.thecenterformindfuleating.org
  • Intuitive Eating (Tribole & Resch)
    • www.intuitiveeating.com
    • www.evelyntribole.com
  • The Mindful Dietitian
    • www.themindfuldietitian.com.au
  • The Mindful Eating Networks
    • www.mindfuleatingnetwork.com
  • Mindful Eating, Conscious Living
    • www.me-cl.com/