

Mindful Eating for the Holidays

Chelsey Jackson, RD LD



Today's Agenda:

- Tell you to go on a diet through the holiday
- Tell you when your holiday celebrations
- Tell you to eat in each bite you take
- Tell you to stay away from anything that taste good



What if we take a different approach to wellness through the holidays....



What is Mindful Eating?

- Eating with awareness, being present
- Paying attention to your thoughts, emotions, and physical sensations through the process of eating



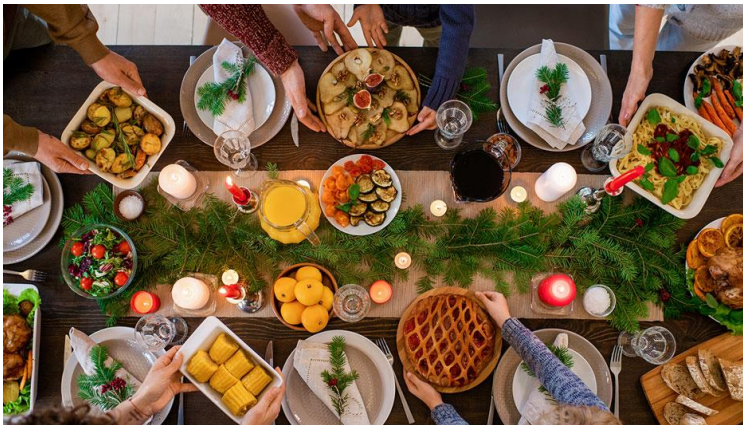
Practices include



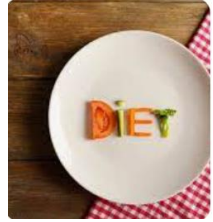
- Awareness of physical and emotional cues
- Recognition of non-hunger triggers for eating
- Learning to meet needs in more effective ways than eating
- Choosing food for both nourishment and enjoyment



Why Mindful Eating at this time of year??



The Problem with Diets



- Diets train us to ignore our internal hunger cues
- Over time we lose the ability to listen to our bodies and regulate the internal cues of hunger
- Outcome driven
- 50% of people will regain weight within 2 years and 80% of people that lose weight will regain weight within 5 years

Benefits of Mindful Eating

- Helps avoid gaining unwanted pounds
- Enhances enjoyment of food and food celebrations
- Decreases stress response in body
- Promotes peaceful relationship with body and food
- Allows you to FEEL GOOD



7 Steps to Mindful Eating

- Mindful Pause
- Pick a Smaller Plate
- Be Choosy
- Enjoy your food
- Slow Down
- Enjoy Family and Friends
- Set up your environment for Success



1. Mindful Pause

- Take a deep breath
- Check in: Am I hungry? Am I bored, stressed



How Do You Know When You Are Hungry?

EMOTIONAL HUNGER	<i>vs</i>	PHYSICAL HUNGER
Starts suddenly.		Starts gradually.
Felt mostly in your head or on the surface of your thoughts.		Physically felt within your stomach.
A sharp craving that tends to be incessant.		A growling pang that tends to come in waves.
You become fixated on a specific food, taste, or texture.		You are open to many options, including less palatable foods.
Hard to satisfy, often leads to eating until uncomfortably full.		Easy to satisfy with a normal amount of food.



Is it true hunger or an External Cue?

Hunger Cues

- Advertisements
- Stress
- Smelling Food
- Observing others eating food

Fullness Cues

- Empty Plate
- Taking cue's from other's around you
- Timing

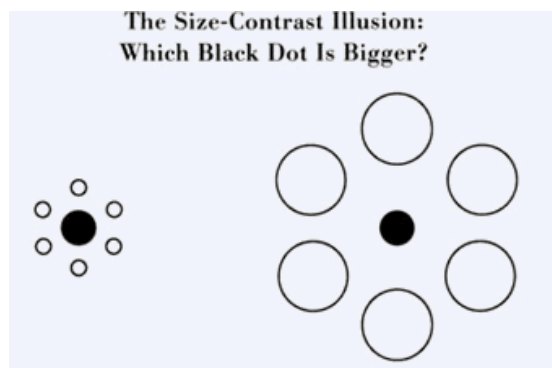


Hunger/Fullness Scale



Aim to start eating at a 4, and stop eating around a 6

2. Pick a smaller plate



Studies show that by halving the plate size, consumption is reduced by 30%⁴.

The Research

85 graduate students and professors were invited to an ice cream social. Those who were given larger serving bowls served themselves 31% more than those with the smaller bowl. Those who were given a larger bowl *and* serving utensil served themselves 53% more ice cream than those who were given a small bowl and spoon.



Chicagoan moviegoers were given free medium or large buckets of stale popcorn. Even though the popcorn was stale and they were not hungry, those who were given the large bucket ate 51% more than those with the medium buckets.

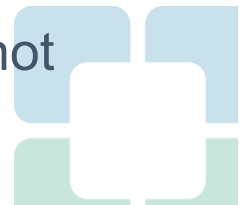
Wansink, Brian and Koert van Ittersum (2007), "Portion Size Me: Downsizing Our Consumption Norms," *Journal of the American Dietetic Association*, 107:7 (July), 1103-1108.

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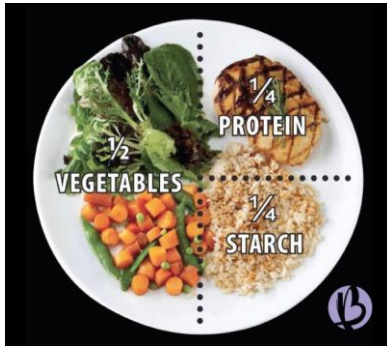


3. Be Choosey

- Survey all food choices before making your plate
- Choose which foods are “calorie worthy”
- Just because it’s on your plate, does not mean you have to finish it



- Plate method + dessert



- Tablespoon Rule





4. Sit Down and Enjoy



Discover the satisfaction factor

- Engage your senses
 - Sight
 - Smell
 - Taste
 - Touch
 - Sound



Research shows that when we savor our food we enjoy it more and eat less



Appreciate Your Food

- Research shows when we eat while distracted we not only overeat at that meal but also continue to overeat later into the day



5. Eat Slowly



- Fast eaters are 115% more likely to be obese
- After a meal your stomach starts secreting a hormone that tells your brain that it is full
 - This process takes about 20 minutes.



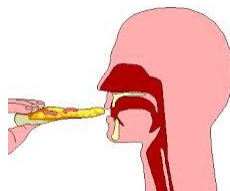
Take Small Bites

- Taking smaller bites with food has been shown to decrease intake by 30%
- Will help slow down the meal



Chew Thoroughly

- The digestion process starts in your mouth
- The average calorie intake decreased by 9.5% when people chewed 1.5 times more than normal and nearly 15% when they chewed twice as much as usual.



Chew Thoroughly

- Not chewing food properly has been shown to lead to problems such as:
 - Bloating, gas, diarrhea, acid reflux, nausea, headaches, indigestion, malnutrition



Tips to Chew Thoroughly

- Don't overload your spoon or fork. Food should stay on without falling off
- Wait to reload your fork/spoon
- Chew slowly, counting to ~30 with each bite of food.
- Once the bite has lost all texture, you can swallow



Check in with your body halfway through

- Am I still hungry?
- Am I starting to feel satisfied?



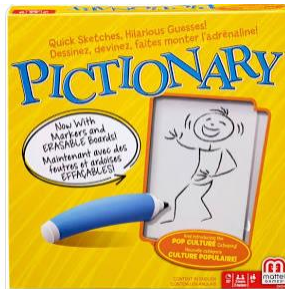
* Aim to stop eating when just satisfied and still feeling light



Have a stopper



6. Enjoy Family and Friends!



What about stress/emotional eating?

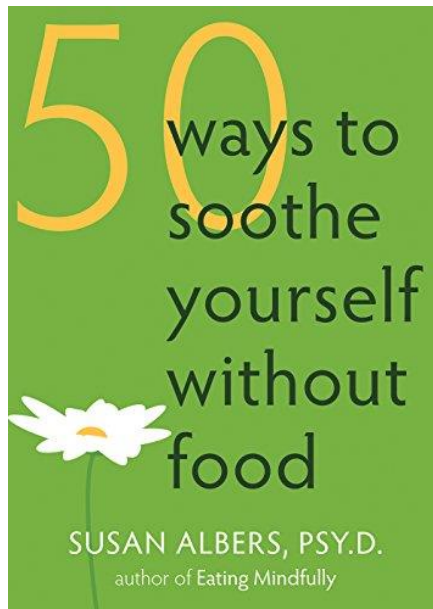
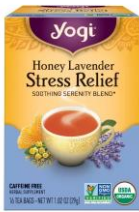


Create a mindful pause

- Ask: What's going on? What do I need?
- *Cravings typically pass in 20 minutes

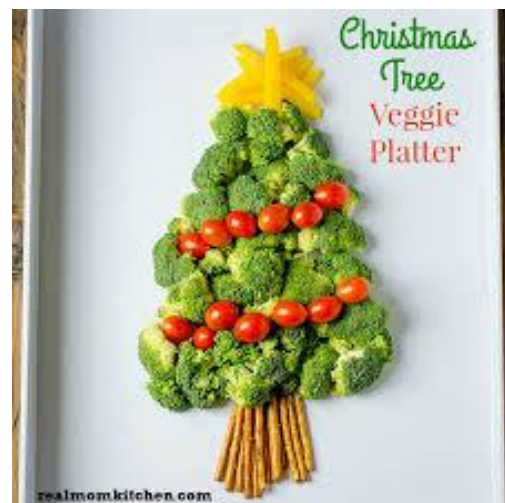


What do you need?



7. Set up Your environment for success

- Keep treats out of the house or in small quantities out of sight
 - Freeze leftovers
- Bring a healthy dish to parties
- Keep fridge stocked with healthy choices



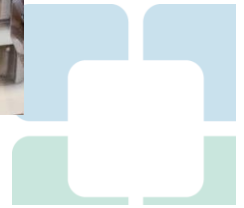
What happens when this sits on your counter for a week?



Contents of the Refrigerator



Vegetable Visibility & Storage



Smart foods to keep around



Key Takeaways

- Try Mindfulness this holiday season 😊
- Ask “Am I hungry”
- Be present, chew, slow down
- Be Choosey
- Be smart
- ENJOY!

