For the Love of Food

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Objectives

- Describe a healthy relationship with food
- 3 strategies for tuning into hunger cues
- 3 strategies for tuning into fullness cues
- How intuitive eating influences food quantity and quality
HAES #4th Principle

**Eating for Well-Being**: Promote flexible, individualized eating based on hunger, satiety, nutritional needs, and pleasure, rather than any externally regulated eating plan focused on weight control.
“Twenty interventions were identified... sustained through follow-up periods as long as 2 years. Completion rates were as high as 92% in non-dieting groups... helps participants abandon unhealthy weight control behaviours, improve metabolic fitness, increase body satisfaction, and improve psychological distress.”

(Schaefer & Magnuson, 2014)
Weight Cycling
Healthy Relationship with Food?

- You are the expert
- Process of making peace with food
- Food is nourishment
- May use Intuitive Eating, and/or Mindful Eating approaches
- It’s a journey, not a destination
Mindfulness: paying attention to the present moment with intention, while letting go of judgment, as if your life depends on it.

~Dr. Jon Kabat-Zinn
Mindful Eating:

- Observe: Notice your body. (rumbling stomach, low energy, stressed out, satisfied, full, empty)
- Savor: Notice the texture, aroma, and flavor. (Is it crunchy, sweet, salty smooth, spicy?)
- Nonjudgment: Speak mindfully and compassionately. Notice when "shoulds," rigid rules or guilt pop into your mind.
- In-the-Moment: Be fully present. Turn off the T.V. Sit down. When you eat, just eat.
Intuitive Eating:

Evelyn Tribole and Elyse Resch’s “10 Principles to Intuitive Eating”:

1. Reject the diet mentality
2. Honor your hunger
3. Make peace with food
4. Challenge the food police
5. Respect your fullness
6. Discover the satisfaction factor
7. Honor your feelings without using food
8. Respect your body
9. Exercise - feel the difference
10. Honor your health
Hunger & Fullness

1. Starving
2. Ravenous
3. Hungry
4. Slightly Hungry
5. Satisfied
6. Slightly Full
7. Full
8. Slightly Overfull
9. Overfull
10. Stuffed
3 Strategies for Hunger

1. Tuning into Hunger
2. What are you hungry for?
3. Establish hunger cues
1. Tuning into Hunger

- 1. Starving
- 2. Ravenous
- 3. Hungry
- 4. Slightly Hungry
2. What are you hungry for?

Types of Hunger

- **Stomach Hunger**
  - physical hungry

- **Mouth Hunger**
  - craving a specific taste or texture

- **Heart Hunger**
  - emotional need, or learned behaviour
“Riding a raft down white water rapids, a master has no more control over the water than you do. The difference is that a master is in control being out of control.” – Werner Erhard
Mini Ways to Wellness - Recovery Means Being Good to Yourself, So...

- Keep a journal
- Play the piano
- Sign-up for a yoga class
- Take the stairs instead of the elevator
- Listen to a symphony
- Dance around the living room
- Watch a sunset
- Plant a garden
- Run on the beach
- Find something good in everyone you meet
- Take a walk (especially a brisk walk)
- Make a list of your good qualities
- Laugh at yourself
- Stop and smell the spring
- Hug a child
- Express appreciation
- Set one short-term goal for self-improvement
- Receive a complement without apology
- Have a good cry
- Take 10 deep breaths
- Reward yourself on reaching a goal

Doodle
Read a magazine
Take a trip
Play a board game
Sew
Swim
Play tennis
Tell someone you love them
Call a friend
Go to a concert
Go to a museum
Go to a ball game
Take a drive to the mountains
Walk in the grass with your shoes off
Waste time without feeling guilty
Buy a present
Finish a project
Look out a window
Write a letter
Write a thank-you note
Pay a bill

Listen to a story
Go to a meeting

Things I may want to try:

- Take a bath for as long as you want
- Go window shopping
- Go for a walk with a child
- Wear new socks/underwear
- Put on old clothes
- Have a water fight
- Ride a train
- Swing
- Go sailing
- Float on an air mattress
- Sleep with warm covers
- Go roller skating
- Go horseback riding
- Throw a Frisbee
- Jump in a pile of leaves
- Build a fire
- Get physically exhausted
- Go to bed early
- Watch the rain
- Turn off the TV
- Hold a baby

Watch the sunrise
Buy some new clothes
Eat by candlelight
Sit by the fire
Chop wood
Have someone rub your back
Write poetry
Sing
Take a shower
Read a novel
Sit in a hot tub
Dance
Day dream
3. Establish Hunger Cues

- Ravenous/Starving
- Overfull/Stuffed
- Feel: Tired
- Thoughts: Guilt
- Repeat
3 strategies for Fullness

1. Tuning into Fullness
2. Taste & See
3. Modify your eating environment
1. Tuning into Fullness
2. Taste & See

- Sight
- Sound
- Smell
- Feel
- Taste
3. Modify your eating environment

- Are you eating when you’re hungry?
- If eating for emotional hunger, how will you know when you are full?
- **Distractions:** TV, computer, phone, driving, working, etc.
- “Chew your water, drink your food”
Food Quality & Quantity:

**Glucose Cycle**

1. **Eat/drink sugar/starch**
2. **Breakdown into glucose**
3. **Low glucose: liver converts**
4. **Storage: fat cells**
5. **Produce glycogen**
6. **Insulin: Sends to cells**
Quick digesting foods

So-so digesting foods

Slow digesting foods
## Internal vs. External Cues

<table>
<thead>
<tr>
<th>External Cues</th>
<th>Internal Cues</th>
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<tbody>
<tr>
<td>Calories</td>
<td>Hunger</td>
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<tr>
<td>Grams of fat, carbs, sugar, etc.</td>
<td>Fullness</td>
</tr>
<tr>
<td>Exchanges</td>
<td>Cravings</td>
</tr>
<tr>
<td>Portion sizes</td>
<td>Flavors, textures, colors, smells</td>
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<tr>
<td>Pyramids, plates, guidelines</td>
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<tr>
<td>Clock</td>
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Questions?

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References


Resources

1. HAES Journal articles: www.sizediversityandhealth.org/content.asp?id=34&category=HAES+Science#results

2. HAES: A non-weight based approach to a healthier lifestyle Free Webinar www.nedic.ca/information-resources/videos


5. Craving Change: www.cravingchange.ca

6. HAES Curriculum: www.haescurriculum.com