



Feel better and have more energy: Intuitive eating skills that will help improve your nutrition

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The Mexicans eat a lot of fat and suffer fewer heart attacks than Americans.

The Chinese drink very little red wine and suffer fewer heart attacks than Americans.

The Italians drink a lot of red wine and suffer fewer heart attacks than Americans.

The Germans drink a lot of beers and eat lots of sausages and fats and suffer fewer heart attacks than Americans.

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CONCLUSION

Eat and drink what you like.

Speaking English is apparently what kills you.

Outline

- Background information
- How to use intuitive eating skills to get in touch with your body's natural hunger/satiety cues to reach your optimal health
- How to use your body's cues to eat in a delicious, satisfying and cancer fighting way

Intuitive and mindful eating



What is intuitive eating?

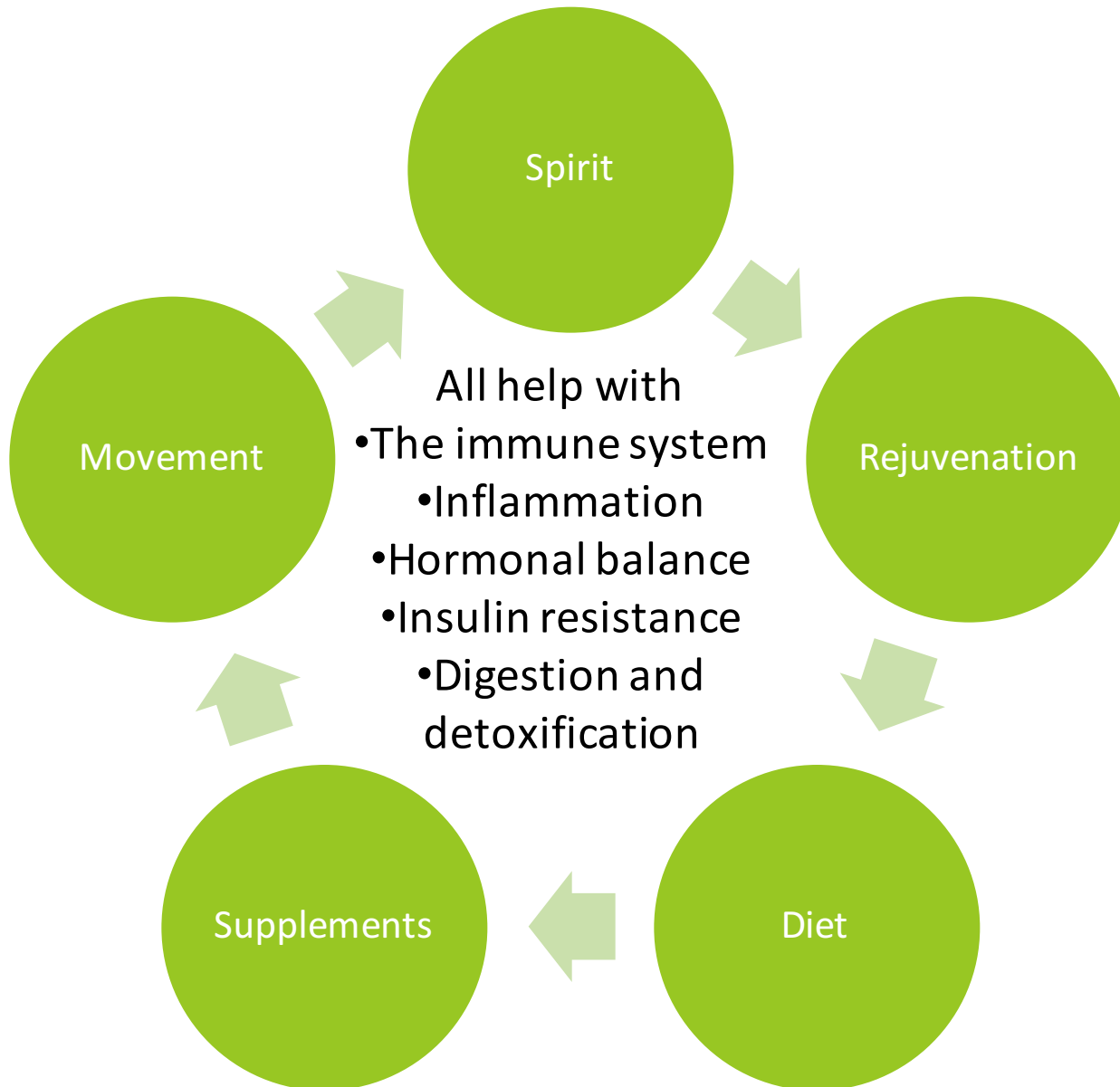
- Intuitive eating is a non-diet approach and more effective way at attaining a healthy weight rather than obsessing over food and calories
- It is a method that uses your body's own hunger/fullness signals to guide eating behaviors

Physical hunger	Emotional hunger
Below the neck	Above the neck
Occurs several hours after a meal	Unrelated to time
Goes away when full	Persists despite fullness
Eating leads to a feeling of satisfaction	Eating leads to shame and guilt

Will this lead me to overeat??

- A study in 2006 found that intuitive eating was a more successful approach to weight management than the diet approach
- Intuitive eating was associated with an increase in enjoyment and pleasure of food, lower BMI and fewer dieting behaviors/food anxieties

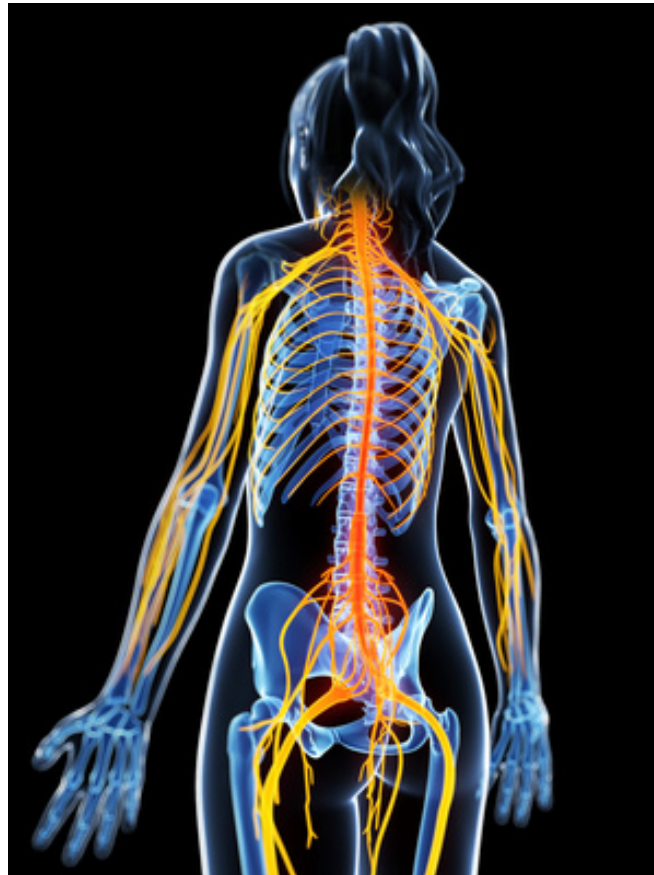
Five to Thrive plan for fighting cancer



Parasympathetic vs. Sympathetic nervous system

Parasympathetic

- Rest and digest
- Normalizes heart rate
- Maintains homeostasis
- Increases blood supply to the digestive system
- Increases salivation



Sympathetic

- Fight or flight
- Speeds up heart rate
- Increases heart rate
- Takes blood supply away from digestive system
- Decreased salivation

Diets stink!

- Lead to:
 - Deprivation
 - Fake foods



Set time aside to consciously eat



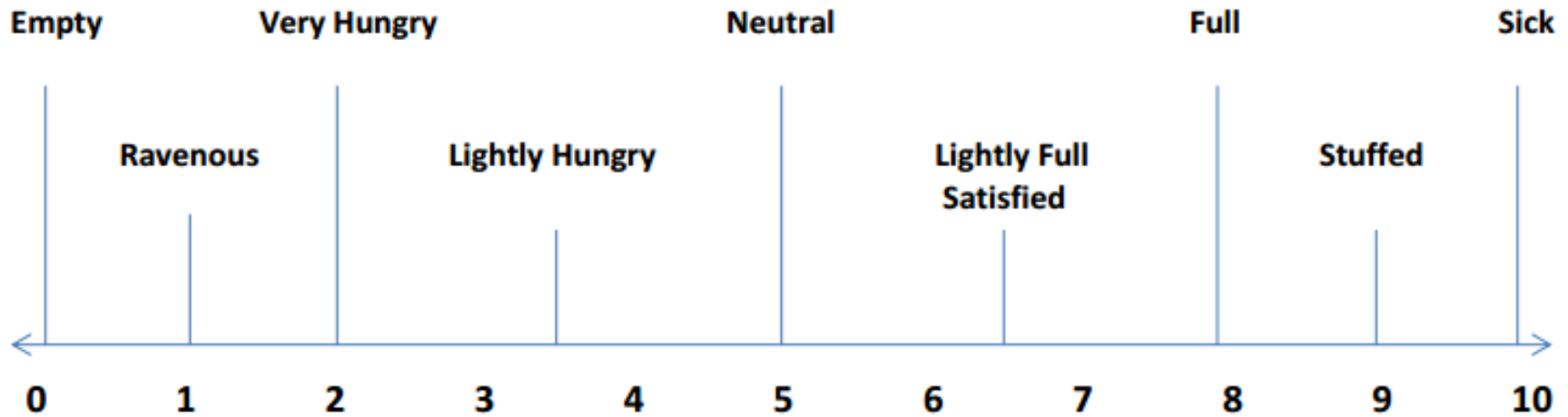
Take 3 deep belly breaths before eating



Respect your body

- Honor your hunger and fullness
- Put your fork down between bites

Hunger/Fullness Scale



Savor mealtime

- Make time to appreciate your food even 15 minutes is better than nothing
- Pause in the middle of a meal or snack for a time out to your body and taste buds
- When you finish ask yourself what your fullness level is:
 - Discovering your fullness level will help you to identify your last bite threshold
- Notice:
 - Taste
 - Texture
 - Aroma
 - Appearance
 - Temperature
 - Volume/capacity

How do you feel if you don't feel hungry?

- Bored
- Tired
- Stressed
- Happy
- Sad
- Procrastinate-y

Learn to cope without using food when you get to the root

- Call a friend
- Do deep breathing
- Listen to music
- Go for a walk
- Adult coloring books

Enjoy the flavors



Smart seasonings

Seasoning	What it does	How to use it
Cayenne	Anti-bacterial Boosts metabolism	Small sprinkle in lemon water In soups/in egg dishes
Cinnamon	Lowers blood sugar	In oats, smoothies or coffee
Cocoa	Rich in antioxidants Lowers blood pressure and cholesterol	With yogurt or on fruit
Garlic	Anti-bacterial Anti-inflammatory Heart and cancer protective	Cooked in soups, stews, chopped with tomatoes for or salsa Roasted on vegetables or in stir fries
Ginger (fresh)	Eases bloating, helps digestion, anti-inflammatory, immune boosting	Grated in salad dressings, blended in smoothies, in hot tea

Smart seasonings

Seasoning	What it does	How to use it
Oregano (dried)	Controls blood glucose Anti fungal Cancer protective	On top of baked eggplant Whole grain pizza, black bean pasta or spaghetti squash
Lemon/lime	Immune boosting	Put in water, over fish/protein/in salads
Parsley (fresh)	Promotes digestion/detoxification Contains bone building vitamin K	Put into salads, soups, on proteins
Seaweed	Contains iodine/important for thyroid health	Use instead of salt in cooking
Turmeric	Anti-inflammatory, helps prevent cancers from getting into blood supply	Use in tea, easily masked with tomato sauce, goes great on proteins

Try new foods/textures

- Kohlrabi
- Jicama
- Star fruit
- Watercress
- Mustard greens



Which vegetables are the best to eat?

- What do you like best?
- How do you like them prepared?
 - Raw vs fresh
 - Roasted vs steamed



Eat the rainbow

- Beets thin bile so it can move freely through liver and small intestine helping to break down fat and remove it
- Spinach, Swiss chard rich in zinc good for the immune system
- Cruciferous vegetables like broccoli, kale, brussels, cauliflower promote methylation to promote normal DNA reading. Also shift balance towards healthy detoxification, contain calcium d-glucarate and DIM
- Mushrooms maitake, reishi, chaga, cordyceps, shitake great for their immune system
- Sea vegetables like seaweed are a great source of iodine important for hormone balance

Buy locally

- Go to a farmers market
- Join a CSA (community supported agriculture)
- Grow a garden

Treat yourself to “spa water”

- Tulsi (holy basil)
- Nettle
- Chaga
- Lemon water
- Pomegranate juice
- Green tea



Turn negative self talk into positive

Negative	Positive
I had a terrible week	I had some success this week
All I ate was sweets	I had more sweets than I wished but I had lots of other foods too
I ate a slice of cake	I enjoyed that slice of cake and savored each bite. I am glad I stuck with 1 slice and felt satisfied.
I overate	I honored my hunger
I hate my thighs	My legs are amazing. I am so grateful I can walk, exercise and move!

Won't I overindulge if I allow myself to eat intuitively?





How do you feel when you eat healthy?



What does it mean to eat healthy?

- Ignore the claims at the front of the package
- Eat whole foods with small ingredient lists
 - If you don't understand what is in it, don't use it
 - Avoid colors, sweeteners and flavors as much as possible
- Check serving sizes and serving per container
- Note the percentages for daily value:
 - 20% or more is high and 5% or less is low

Let's practice!

Nutrition Facts	
Serving Size 1 container (170g)	
Servings Per Package 4	
Amount Per Serving	
Calories 150	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 90mg	4%
Potassium 270mg	8%
Total Carbohydrate 29g	10%
Dietary Fiber <1g	2%
Sugars 24g	
Protein 6g	12%
Calcium 20% • Vitamin D 20%	
Not a significant source of Vitamin A, Vitamin C and Iron.	
*Percent Daily Values are based on a 2,000 calorie diet.	

INGREDIENTS: CULTURED GRADE A REDUCED FAT MILK, SUGAR, BLUEBERRIES, WATER, MODIFIED FOOD STARCH, CONTAINS LESS THAN 1% OF KOSHER GELATIN, NATURAL FLAVOR, PECTIN, FRUIT JUICE AND VEGETABLE JUICE (FOR COLOR), CALCIUM CITRATE, MALIC ACID, VITAMIN D₃, SODIUM CITRATE.

CONTAINS ACTIVE YOGURT CULTURES

Nutrition Facts		Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 4g		6%	Total Carb. 8g		3%
Sat. Fat 3g		15%	Fiber 0g		0%
Trans Fat 0g			Sugars 8g		
Cholest. 20mg		7%	Protein 20g		40%
Sodium 65mg		3%			
Vitamin A 2%		•	Vitamin C 0%		
Calcium 20%		•	Iron 0%		

Serv. Size
1 Container (200g)
Calories 150
Fat Cal 35

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS:

Grade A Pasteurized Skimmed Milk, Live Active Yogurt Cultures (L. Bulgaricus, S. Thermophilus, L. Acidophilus, Bifidus, L. Casei)

Nutrition Facts

Per 1 bar (26 g)

Amount	% DV*
Calories 110	
Fat 2.5 g	4 %
Saturated 1 g	4 %
+ Trans 0 g	
Cholesterol 0 mg	
Sodium 70 mg	3 %
Potassium 60 mg	2 %
Carbohydrate 20 g	7 %
Fibre 2 g	8 %
Sugars 5 g	
Sugar Alcohol 0 g	
Protein 2 g	
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	4 %

* DV = Daily Value

INGREDIENTS: GRANOLA (QUAKER ROLLED OATS, ROLLED WHOLE WHEAT, BROWN SUGAR, BARLEY FLAKES, SUNFLOWER OIL, INULIN, HONEY, NATURAL FLAVOUR, MODIFIED MILK INGREDIENTS), GLUCOSE, CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN, SALT, VANILLIN), WHOLE GRAIN BROWN RICE CRISPS (WHOLE GRAIN BROWN RICE FLOUR, SUGAR, BARLEY MALT, SALT, MIXED TOCOPHEROLS), GLYCERIN, SHORTENING (CANOLA OIL, MODIFIED PALM AND PALM KERNEL OILS), BROWN SUGAR, SORBITOL, DEHYDRATED CHOCOLATE FLAVOURED MARSHMALLOWS (SUGAR, DEXTROSE, MODIFIED CORN STARCH, GLUCOSE, COCOA, GELATIN, ARTIFICIAL AND NATURAL FLAVOURS), DEHYDRATED MARSHMALLOWS (SUGAR, CORN SYRUP, MODIFIED CORN STARCH, GELATIN, ARTIFICIAL AND NATURAL FLAVOUR, SODIUM HEXAMETAPHOSPHATE, COLOUR), INULIN, SALT, NATURAL AND ARTIFICIAL FLAVOURS, SOY LECITHIN, WATER, BHT (PRESERVATIVE).

CONTAINS OAT, WHEAT, BARLEY, MILK, AND SOY INGREDIENTS.

Nutrition Facts

Serving Size
1 (45g)

Calories 220
Calories from Fat 110

Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Total Fat 11g	17%	Sodium 60mg	3%
Saturated Fat 3g	15%	Potassium 300mg	9%
Trans Fat 0g		Total Carbohydrate 26g	9%
Polyunsaturated Fat 2g		Dietary Fiber 3g	12%
Monounsaturated Fat 5g		Sugars 19g	
Cholesterol 0mg	0%	Protein 6g	

Vitamin A 0% • Vitamin C 0% • Calcium 2% • Iron 6% • Magnesium 10% • Niacin 10%

INGREDIENTS: DATES, PEANUTS, CHOCOLATE CHIPS, SEA SALT

Nutrition Facts

Serving Size 1 - 1.5 oz cup (43g)
Servings Per Container 8

Amount Per Serving

Calories 250 Calories from Fat 180

% Daily Value*

Total Fat 22g **33%**

Saturated Fat 4.5g **22%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 200mg **8%**

Total Carbohydrate 9g **3%**

Dietary Fiber 3g **12%**

Sugars 4g

Protein 9g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 4%

Vitamin E 20% • Riboflavin 4%

Niacin 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: MADE FROM ROASTED PEANUTS AND SUGAR, CONTAINS 2% OR LESS OF: MOLASSES, FULLY HYDROGENATED VEGETABLE OILS (RAPESEED AND SOYBEAN), MONO AND DIGLYCERIDES, SALT.

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**QUESTIONS? COMMENTS?
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Snack attack: try these alternatives

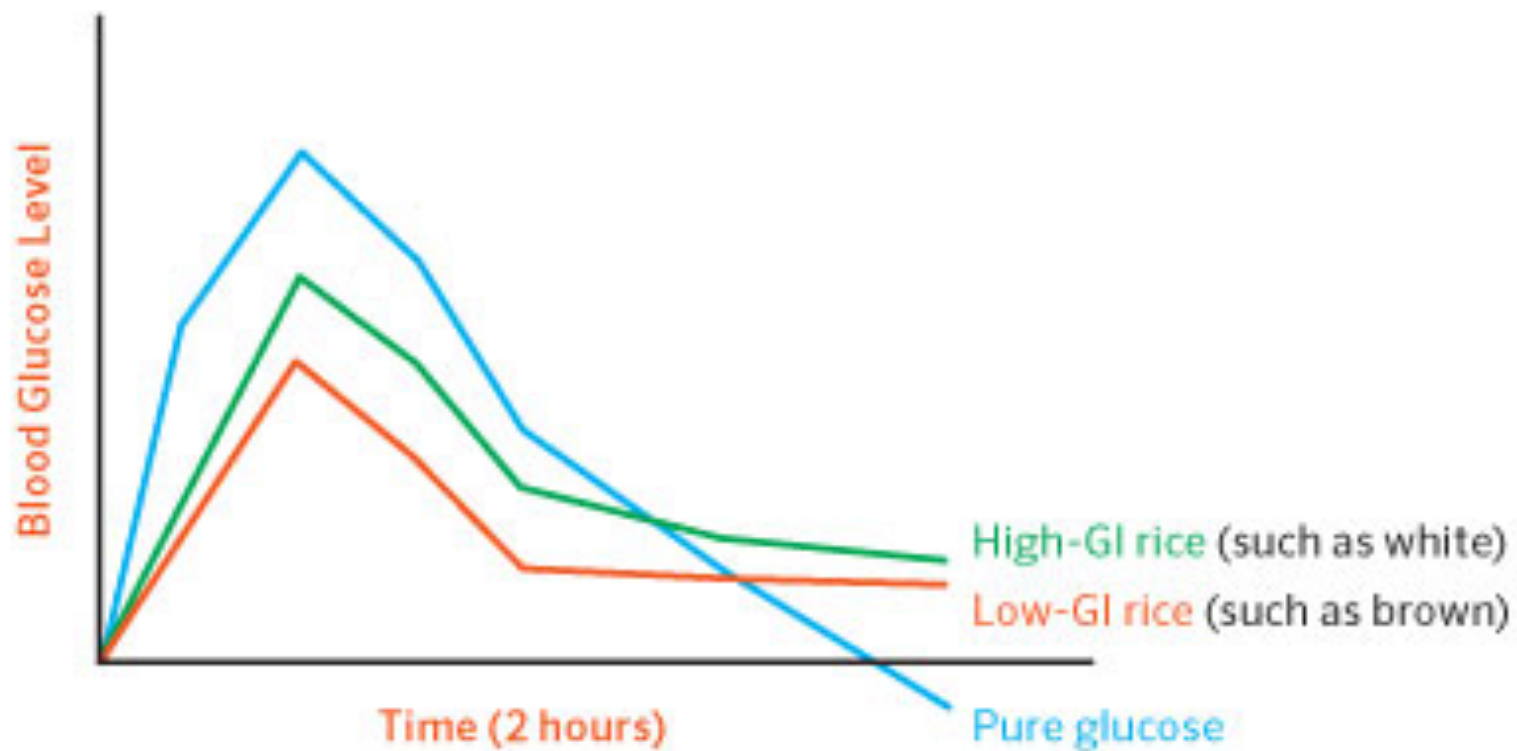
Instead of this	Try this
Toast with butter	Toast with avocado
Raisin bran	Oatmeal with raisins
Enriched bagel	Sprouted english muffin
Flavored creamers	Coconut milk with cinnamon
Pancake syrup	Pure maple syrup

How to make healthy eating more convenient

- Bagged greens
- Cooked frozen whole grains
- Frozen fruits and vegetables
- Sprouted whole grain bread/tortillas
- Canned beans (BPA free whenever possible)
- Sauce and seasonings
- Black bean pasta

What about carbs and sweets?





Sweeteners

- Do not have to give it all up but need to balance it
- Naturally releases happy hormones and signals safety
- Try to use more natural sweeteners when using
- Palm sugar, honey, date sugar, blackstrap molasses, pure maple syrup, xylitol, stevia

Meal balance

Balance meals for optimal blood sugar and satiety

25-30% proteins

20-30% good quality fat

40-50% complex carbohydrates



How can we do this?

- Breakfast
 - Overnight oats with chia seeds and berries
 - Whole grain waffle with peanut or almond butter and berries
 - Icelandic yogurt with nuts, fruit and cinnamon
 - Eggs with veggies and sprouted toast
 - Sprouted english muffin with avocado

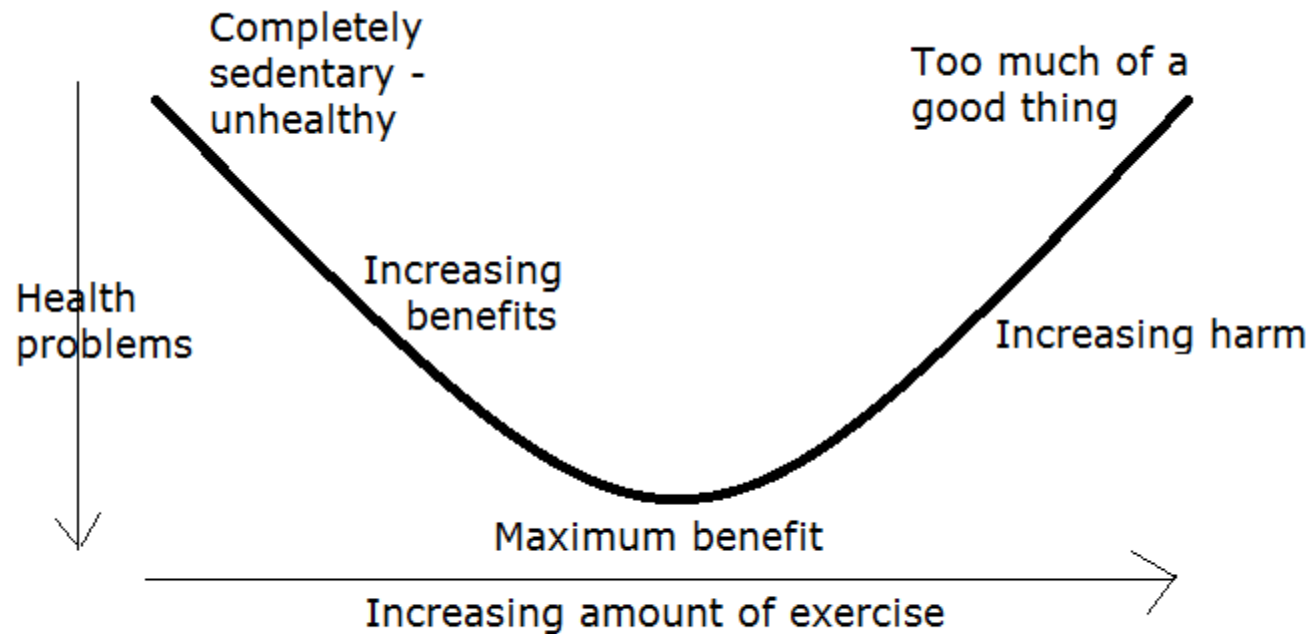
How can we do this?

- Lunch
 - Salad with beans, olives, quinoa and veggies of choice
 - 100% whole grain bread with salmon salad made with avocado, spinach, tomato
 - Soup with chicken, veggies, whole grain pasta

How can we do this?

- Dinner
 - Whole grain tacos with beans, lettuce, tomato, guacamole, olives
 - Whole wheat pita pizza with side salad
 - Chicken meatballs with chickpea pasta and steamed veggies

Move your body



U-shaped curve to exercise

- Does not have to be all at once
- Try 30 min in total
- Have fun!



Jackson Blatner's 3 step approach

- 1) Practice body love!
- 2) You're the boss
- 3) Fun is the secret

- Respect and honor your body
- Turn negative self talk into positive
- Eat nourishing foods for your body and soul
- Take time to truly enjoy what you are eating

Eating One Raisin/Hershey Kiss: A First Taste of Mindfulness

Holding First, take a raisin and hold it in the palm of your hand or between your finger and thumb. Focusing on it, imagine that you've just dropped in from Mars and have never seen an object like this before in your life.

Seeing Take time to really see it; gaze at the raisin with care and full attention. Let your eyes explore every part of it, examining the highlights where the light shines, the darker hollows, the folds and ridges, and any asymmetries or unique features.

Touching Turn the raisin over between your fingers, exploring its texture, maybe with your eyes closed if that enhances your sense of touch.

Smelling Holding the raisin beneath your nose, with each inhalation drink in any smell, aroma, or fragrance that may arise, noticing as you do this anything interesting that may be happening in your mouth or stomach.

Placing Now slowly bring the raisin up to your lips, noticing how your hand and arm know exactly how and where to position it. Gently place the object in the mouth, without chewing, noticing how it gets into the mouth in the first place. Spend a few moments exploring the sensations of having it in your mouth, exploring it with your tongue.

Tasting When you are ready, prepare to chew the raisin, noticing how and where it needs to be for chewing. Then, very consciously, take one or two bites and notice what happens in the aftermath, experiencing any waves of taste that emanate from it as you continue chewing. Without swallowing yet, notice the bare sensations of taste and texture in the mouth and how these may change over time, moment by moment, as well as any changes in the object itself.

Swallowing When you feel ready to swallow the raisin, see if you can first detect the intention to swallow as it comes up, so that even this is experienced consciously before you actually swallow the raisin.

Following Finally, see if you can feel what is left of the raisin moving down into your stomach, and sense how the body as a whole is feeling after completing this exercise in mindful eating.

11 Mark Williams, John Teasdale, Zindel Segal, and Jon Kabat-Zinn (2007). *The Mindful Way through Depression: Freeing Yourself from Chronic Unhappiness*. New York: Guilford Press

<http://hfhc.ext.wvu.edu/r/download/114469>