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

Hillary Sachs, MS RD CSO CDN
The Japanese eat very little fat and suffer fewer heart attacks than Americans. 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.
The Japanese eat very little fat and suffer fewer heart attacks than Americans.
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The Germans drink a lot of beers and eat lots of sausages and fats and suffer fewer heart attacks than Americans.

CONCLUSION

Eat and drink what you like.
Speaking English is apparently what kills you.
• 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
<table>
<thead>
<tr>
<th>Physical hunger</th>
<th>Emotional hunger</th>
</tr>
</thead>
<tbody>
<tr>
<td>Below the neck</td>
<td>Above the neck</td>
</tr>
<tr>
<td>Occurs several hours after a meal</td>
<td>Unrelated to time</td>
</tr>
<tr>
<td>Goes away when full</td>
<td>Persists despite fullness</td>
</tr>
<tr>
<td>Eating leads to a feeling of</td>
<td>Eating leads to shame and guilt</td>
</tr>
<tr>
<td>satisfaction</td>
<td></td>
</tr>
</tbody>
</table>
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

- Spirit
- Movement
- Supplements
- Diet
- Rejuvenation

All help with:
- The immune system
- Inflammation
- Hormonal balance
- Insulin resistance
- Digestion and detoxification
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 heat 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

- Empty
- Very Hungry
- Neutral
- Full
- Sick

- Ravenous
- Lightly Hungry
- Lightly Full Satisfied
- Stuffed

0 1 2 3 4 5 6 7 8 9 10
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
<table>
<thead>
<tr>
<th>Seasoning</th>
<th>What it does</th>
<th>How to use it</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cayenne</td>
<td>Anti-bacterial&lt;br&gt;Boosts metabolism</td>
<td>Small sprinkle in lemon water&lt;br&gt;In soups/in egg dishes</td>
</tr>
<tr>
<td>Cinnamon</td>
<td>Lowers blood sugar</td>
<td>In oats, smoothies or coffee</td>
</tr>
<tr>
<td>Cocoa</td>
<td>Rich in antioxidants&lt;br&gt;Lowers blood pressure and cholesterol</td>
<td>With yogurt or on fruit</td>
</tr>
<tr>
<td>Garlic</td>
<td>Anti-bacterial&lt;br&gt;Anti-inflammatory&lt;br&gt;Heart and cancer protective</td>
<td>Cooked in soups, stews, chopped with tomatoes for or salsa&lt;br&gt;Roasted on vegetables or in stir fries</td>
</tr>
<tr>
<td>Ginger (fresh)</td>
<td>Eases bloating, helps digestion, anti-inflammatory, immune boosting</td>
<td>Grated in salad dressings, blended in smoothies, in hot tea</td>
</tr>
<tr>
<td>Seasoning</td>
<td>What it does</td>
<td>How to use it</td>
</tr>
<tr>
<td>------------------</td>
<td>------------------------------------------------------------------------------</td>
<td>------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Oregano (dried)</td>
<td>Controls blood glucose Anti fungal Cancer protective</td>
<td>On top of baked eggplant Whole grain pizza, black bean pasta or spaghetti squash</td>
</tr>
<tr>
<td>Lemon/lime</td>
<td>Immune boosting</td>
<td>Put in water, over fish/protein/in salads</td>
</tr>
<tr>
<td>Parsley (fresh)</td>
<td>Promotes digestion/detoxification Contains bone building vitamin K</td>
<td>Put into salads, soups, on proteins</td>
</tr>
<tr>
<td>Seaweed</td>
<td>Contains iodine/important for thyroid health</td>
<td>Use instead of salt in cooking</td>
</tr>
<tr>
<td>Turmeric</td>
<td>Anti-inflammatory, helps prevent cancers from getting into blood supply</td>
<td>Use in tea, easily masked with tomato sauce, goes great on proteins</td>
</tr>
</tbody>
</table>
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, shiitake 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

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

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

**Nutrition Facts**

**Serving Size** 1 container (170g)
**Servings Per Package** 4

**Amount Per Serving**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>150</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>1.5g</td>
<td>2%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1g</td>
<td>5%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>5mg</td>
<td>2%</td>
</tr>
<tr>
<td>Sodium</td>
<td>90mg</td>
<td>4%</td>
</tr>
<tr>
<td>Potassium</td>
<td>270mg</td>
<td>8%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>29g</td>
<td>10%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>&lt;1g</td>
<td>2%</td>
</tr>
<tr>
<td>Sugars</td>
<td>24g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>6g</td>
<td>12%</td>
</tr>
<tr>
<td>Calcium</td>
<td>20%</td>
<td></td>
</tr>
</tbody>
</table>

CONTAINS ACTIVE YOGURT CULTURES

*Percent Daily Values (DV) are based on a 2,000 calorie diet.
INGREDIENTS: DA TES, PEANUTS, CHOCOLATE CHIPS, SEA SALT

Nutrition Facts
Per 1 bar (26 g)

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

* DV = Daily Value

INGREDIENTS: DATES, PEANUTS, CHOCOLATE CHIPS, SEA SALT

Calories 220
Calories from Fat 110
### Nutrition Facts

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

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Calories</strong></td>
<td>250</td>
</tr>
<tr>
<td></td>
<td>Calories from Fat 180</td>
</tr>
<tr>
<td><strong>Total Fat</strong></td>
<td>22g</td>
</tr>
<tr>
<td></td>
<td>33%</td>
</tr>
<tr>
<td><strong>Saturated Fat</strong></td>
<td>4.5g</td>
</tr>
<tr>
<td></td>
<td>22%</td>
</tr>
<tr>
<td><strong>Trans Fat</strong></td>
<td>0g</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>0mg</td>
</tr>
<tr>
<td></td>
<td>0%</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>200mg</td>
</tr>
<tr>
<td></td>
<td>8%</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>9g</td>
</tr>
<tr>
<td></td>
<td>3%</td>
</tr>
<tr>
<td><strong>Dietary Fiber</strong></td>
<td>3g</td>
</tr>
<tr>
<td></td>
<td>12%</td>
</tr>
<tr>
<td>** Sugars**</td>
<td>4g</td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>9g</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Calories</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>&lt;65g</td>
<td>&lt;80g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>&lt;20g</td>
<td>&lt;25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>&lt;300mg</td>
<td>&lt;300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>&lt;2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

**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?
1-800-283-8915
**Snack attack: try these alternatives**

<table>
<thead>
<tr>
<th>Instead of this</th>
<th>Try this</th>
</tr>
</thead>
<tbody>
<tr>
<td>Toast with butter</td>
<td>Toast with avocado</td>
</tr>
<tr>
<td>Raisin bran</td>
<td>Oatmeal with raisins</td>
</tr>
<tr>
<td>Enriched bagel</td>
<td>Sprouted english muffin</td>
</tr>
<tr>
<td>Flavored creamers</td>
<td>Coconut milk with cinnamon</td>
</tr>
<tr>
<td>Pancake syrup</td>
<td>Pure maple syrup</td>
</tr>
</tbody>
</table>
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?
A graph showing blood glucose levels over time (2 hours) following the consumption of different types of rice:

- **Pure glucose**
- **Low-GI rice** (such as brown)
- **High-GI rice** (such as white)
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

- Completely sedentary - unhealthy
- Increasing benefits
- Maximum benefit
- Increasing harm
- Too much of a good thing

Increasing amount of exercise
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.


http://fhfc.ext.wvu.edu/r/download/114469