



Conscious Eating

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Our goal today...

... to develop a deeper awareness
and thus,
a deeper connection
with your own body.

Do You Find Yourself???

- Eating when your not hungry?
- Gorging not remembering it?
- Never feeling satisfied?

If You Answered Yes... Your Like Most
People In The US

2008 Study By General Mills

- Results:
 - 6% “Almost always” notice physical hunger
 - 97% Reported multitasking while eating
 - 34% Decide a meal or snack is over when they feel full
- Conclusion:
 - Out of Touch Hunger, Fullness and Pleasure of Eating

Eating in Today's World



Drive Thru
OPEN
24 Hours

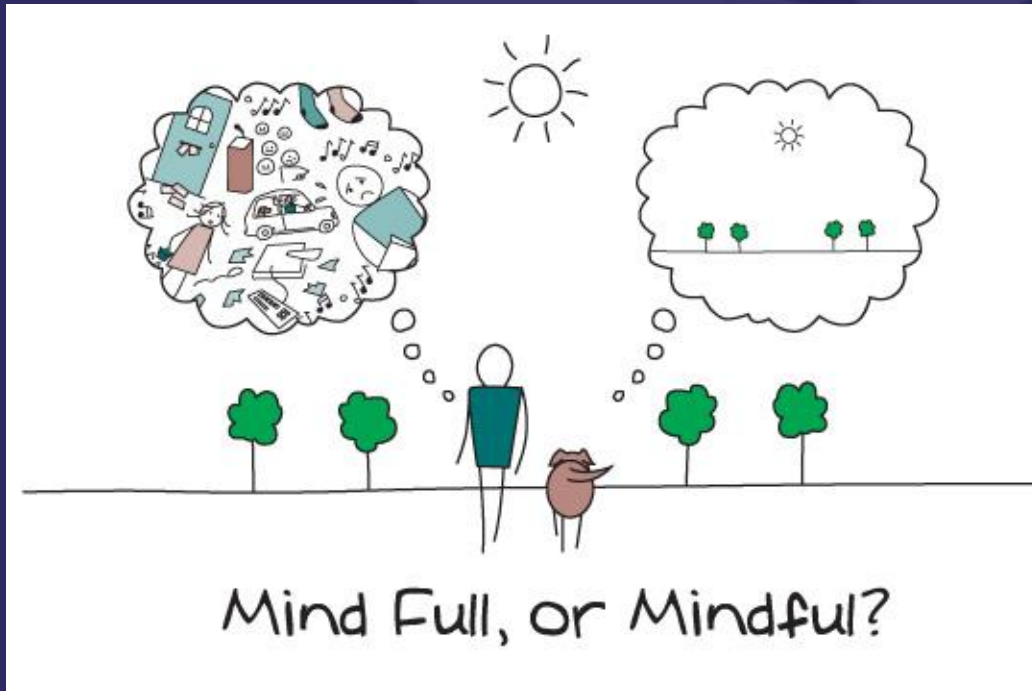


EASE@WORK

Why Conscious Eating??

- We make over 200 food decisions each day!
- Food is a great pleasure in life, not something we should compromise.
- We need to shift our surroundings to work WITH our lifestyle not AGAINST it.
- The best diet is the one you don't know you are on.

Key Component Conscious Eating Mindfulness



“ Mindfulness ...
moment to
moment non-
judgmental
awareness
cultivated by
paying attention.”

Conscious Eating

Primary Principles:

- Moment to moment awareness of what one is eating
- Involves using all senses
- Incorporates a certain amount of gratitude

Awareness is Key

Conscious Eating Involves

- Slowing down the pace of eating
 - Taking breaks during bites
 - Chewing more slowly
 - Taking a break to breath and access fullness
- Eating away from distractions
 - No TV, computer, reading, eating in car, talking on cell, etc.

Conscious Eating Involves

- Becoming aware of hunger and fullness cues
 - As opposed to following regimented diet plans
- Acknowledging responses to food without judgment
 - Change non-productive thoughts
 - “Good or Bad”
 - “All or Nothing”

Conscious Eating Involves

- Choosing to eat food that is both pleasing and nourishing
 - Using all the senses while eating
- Being aware of and reflecting on effects caused by unmindful eating
 - Emotional eating
- Meditation Practice
 - Breathing, relaxation

Identifying Hunger

- Hunger pangs or gnawing feeling
- Emptiness
- Nausea
- Irritability
- Headache
- Low energy/Fatigue
- Difficulty concentrating
- Feeling you must eat now

Types of Hunger

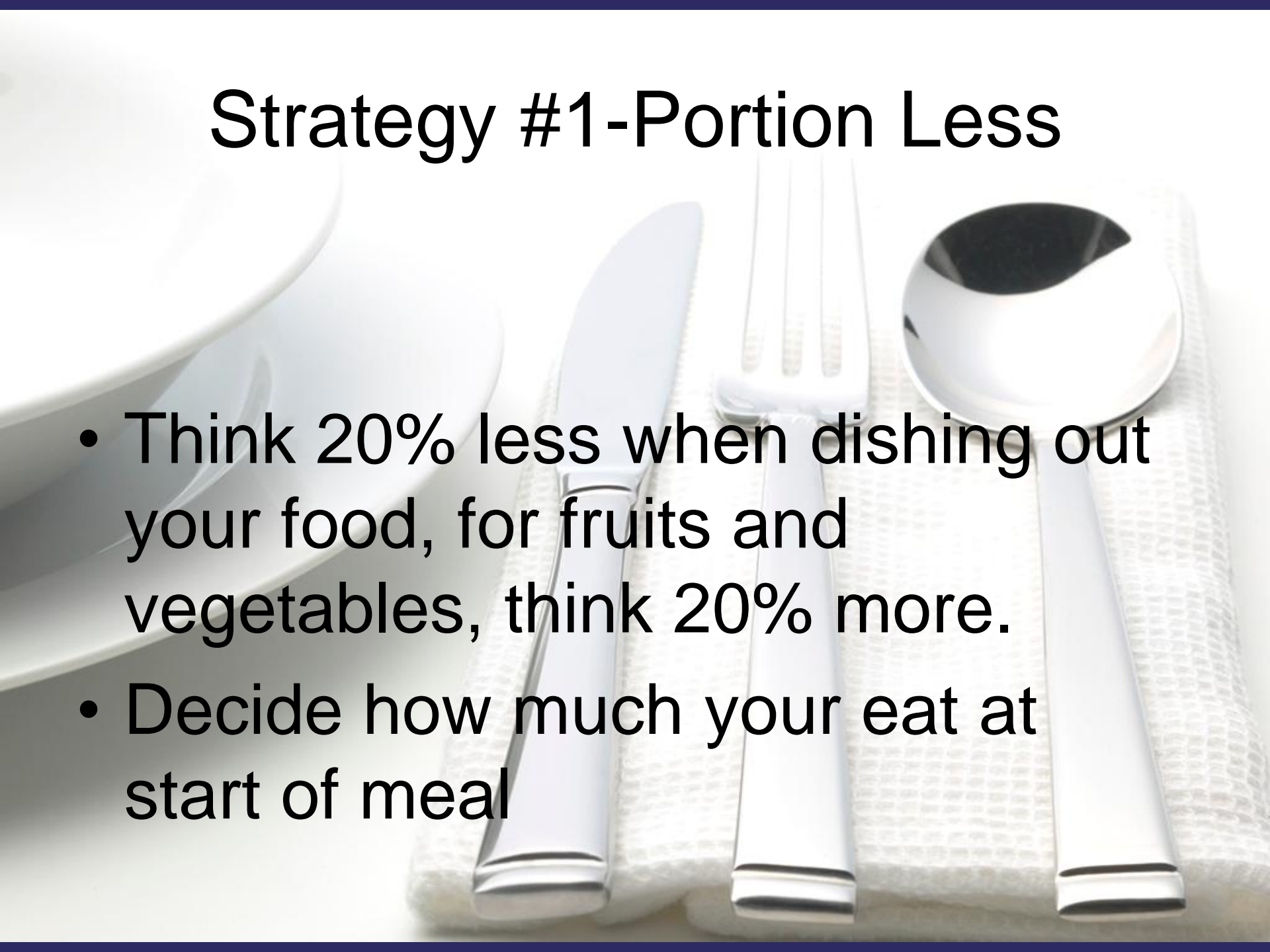
Physical Hunger	Emotional Hunger
<ul style="list-style-type: none">• Builds gradually	<ul style="list-style-type: none">• Develops suddenly
<ul style="list-style-type: none">• Strikes below the neck	<ul style="list-style-type: none">• Above the neck
<ul style="list-style-type: none">• Occurs several hours after a meal	<ul style="list-style-type: none">• Unrelated to time
<ul style="list-style-type: none">• Goes away when full	<ul style="list-style-type: none">• Persists despite fullness
<ul style="list-style-type: none">• Eating leads to feeling of satisfaction	<ul style="list-style-type: none">• Eating leads to guilt and shame

Check in with your hunger scale



Strategy #1-Portion Less

- Think 20% less when dishing out your food, for fruits and vegetables, think 20% more.
- Decide how much you eat at start of meal



Strategy #2 - See all you eat

- See it before you eat it
- Put snack on separate plate and leave box in the kitchen
- See it while you eat it
- Leave empty glasses on table, leave food on plates without clearing food
-Write it Down When You First Start

Strategy #3-Size Matters

- Mini-size boxes and bowls
- Use mid-size or small plates, rather than large
- Think slender with glasses
- People tend to pour 30% more into a wider glass than a slender one

Strategy #4 – Make overeating a hassle, not a habit

- Leave the serving dishes in the kitchen, put salad and veggies on table
- Put tempting foods in the back of the cabinet or in a basement, inconvenient
- Repackage jumbo sizes into smaller containers
- Hide the extras from view
- Reseal packages. Tape works better than a clip

Strategy #5-Slow Down and Enjoy

- Be the last to start eating
- Pace yourself with slowest eater
- Set a timer for 20 minutes
- Try eating with your non-dominant hand
- Try chopsticks
- Eat in silence for 5 minutes
- Think about how much you will eat before the meal

Strategy #6 – Ambience

- Add two-words that are descriptive to the name of the meal or food (Cajun, homemade, succulent)
- Spend time on prepping the atmosphere – soft lights, soft music, tablecloth, nice glasses, etc.

Strategy #7 – Make comfort foods more comforting

- Don't deprive yourself
- Keep comfort foods, but in smaller amounts.
- Pair healthier foods with positive events. Celebrate with strawberries and a small bowl of ice creams rather than a chocolate brownie sundae.

Strategy #8 – Crown yourself as gatekeeper

- Be a good marketer
- Offer variety
- Use the half-plate rule – half the plate should be veggies and fruits, the other half protein and starch
- Put snacks in containers and hide extras

Benefits

- New sense of control
- New appreciation respect for food/taste
- Weight loss and maintenance
- Improved sense of self
- Sense of empowerment
- Understanding connections between eating and emotions
- Enhanced food choices



...Trust yourself

...Trust others

...Trust the
process

Your EAP Resource

If you would like more information
about nutrition,
how to make healthier food choices or
implementing lifestyle change...

Call EASE@Work...we can help!

216.241.3273 or 800.521.3273

Or go to www.easeatwork.com/EASEy with your
organization's ID and password

