

EDUCATOR
MCCLAIN



**Intuitive Eating:
The Non-Diet Approach To
Losing Weight and Keeping It
Off!**

Casey Campbell, MS, RD, LD

Extension Educator, Family and Consumer Sciences

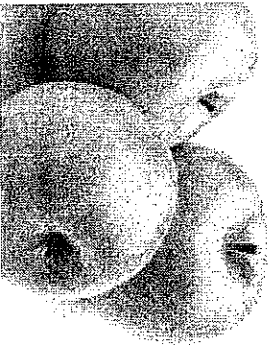
Oklahoma County

OSU Cooperative Extension Service

OHCE Educational Leader Lesson January 2011

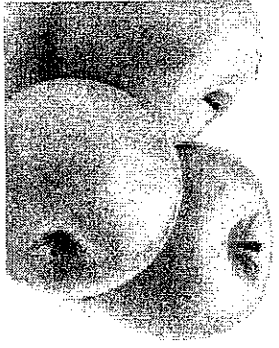
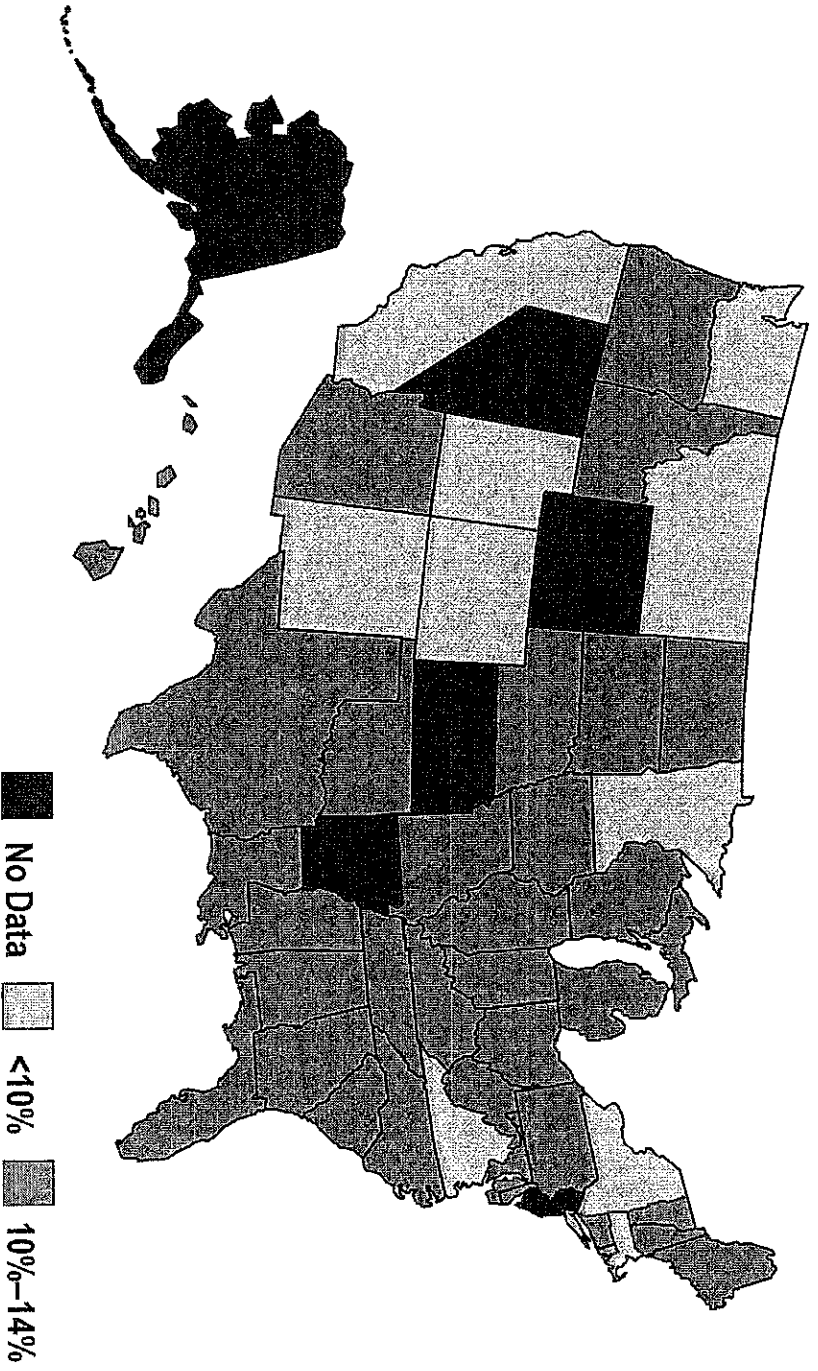
Obesity In America

- In every state more than 15% of adults are obese.
- In 9 states, more than 30% of adults are obese.
- Oklahoma is one of them!
- Yet, according to a recent CDC survey, 64% of American men and 78% of women are on a diet.



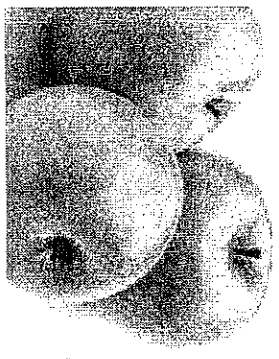
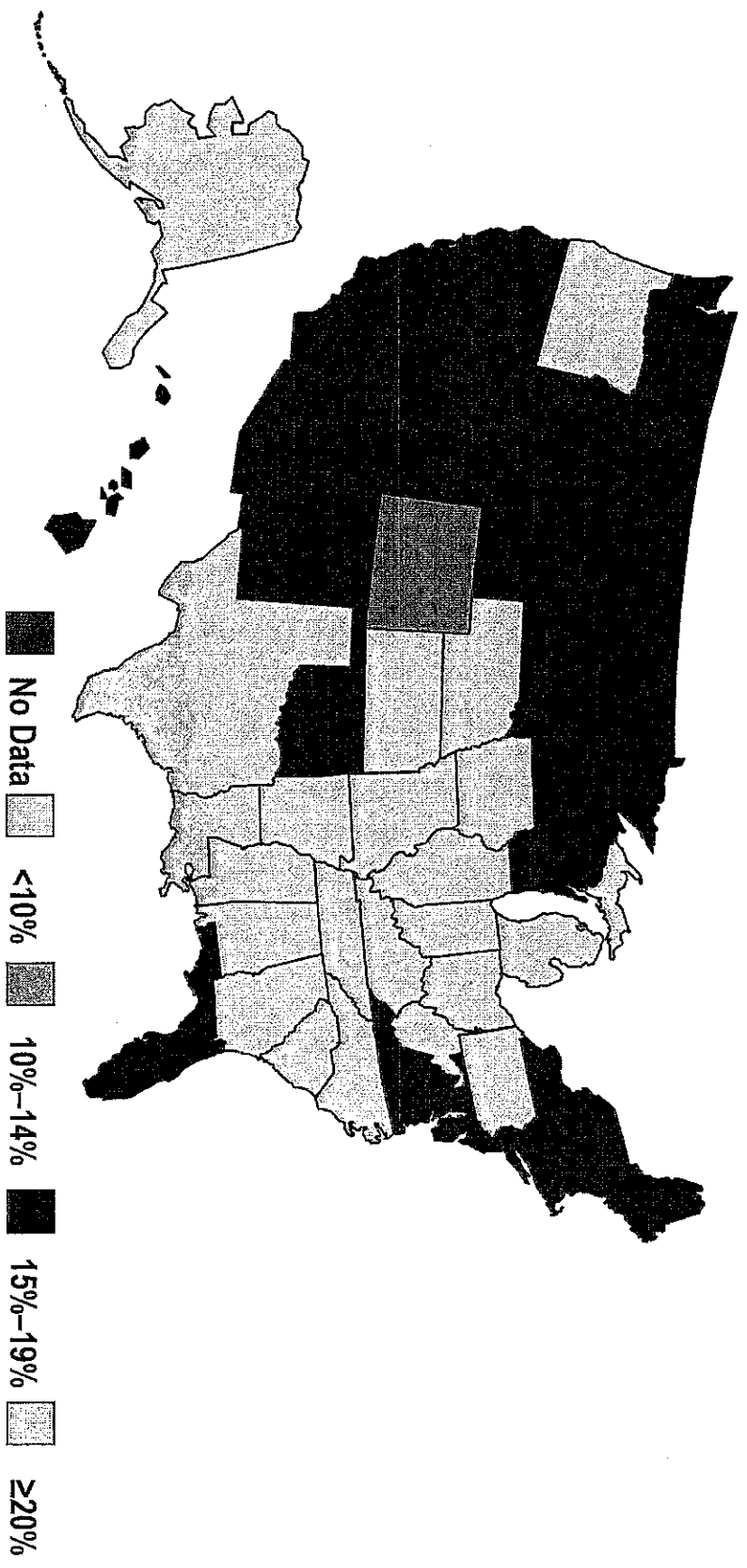
Obesity Trends* Among U.S. Adults BRFSS, 1990

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5'4" person)



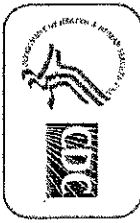
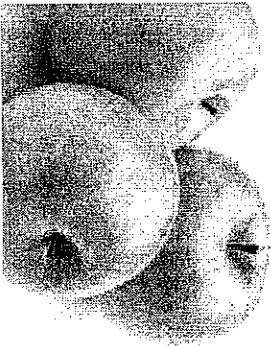
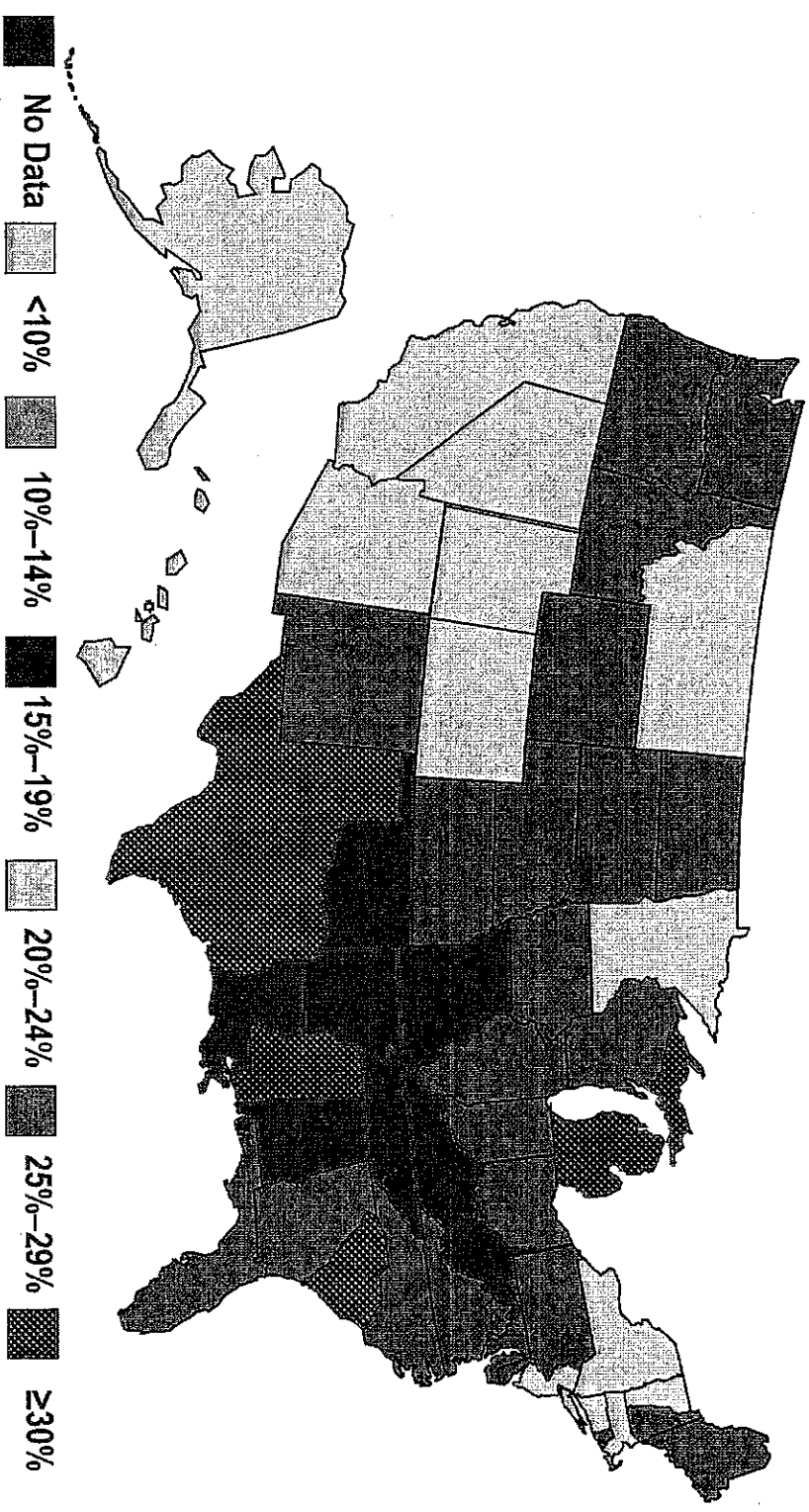
Obesity Trends* Among U.S. Adults BRFSS, 2000

(BMI ≥ 30 or ≈ 30 lbs. overweight for 5'4" person)



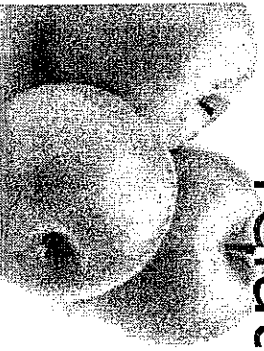
Obesity Trends* Among U.S. Adults BRFSS, 2010

(BMI ≥ 30 or ~ 30 lbs overweight for 5' 4" person)



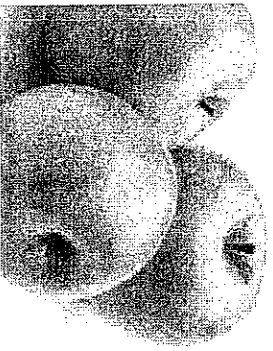
Let's Look At Oklahoma

- According to Healthy People 2010
 - 31% of Oklahomans are obese
 - 31.5% of Oklahomans are inactive
 - 11.5% suffer from Type 2 Diabetes
- We are in 2nd to LAST place for fruit and vegetable consumption
- It is estimated that over \$850,000,000 are spent each year in Oklahoma on obesity related medical expenses!



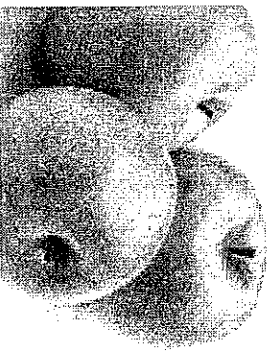
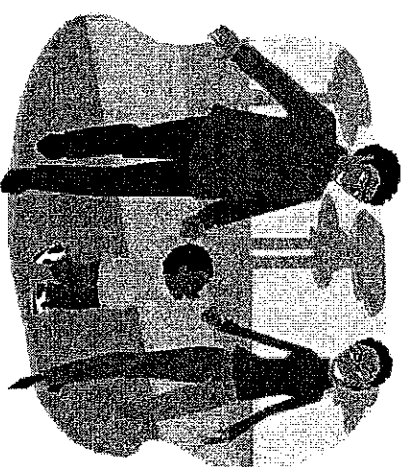
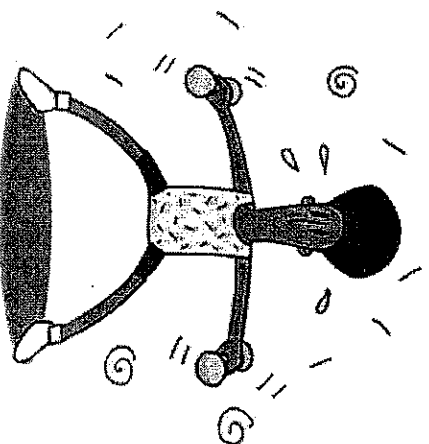
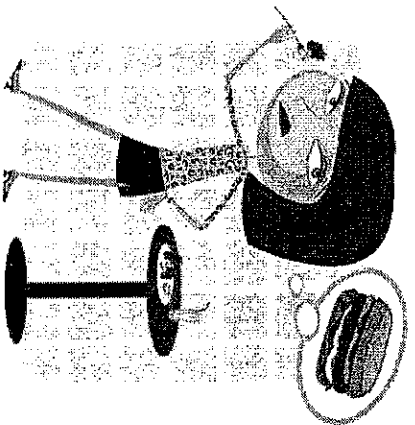
So What?

- Obesity leads to multiple health issues!
 - Type 2 diabetes
 - Heart disease
 - High blood pressure
 - Sleep apnea
 - Some cancers
 - Depression
 - Decreased life expectancy



What Causes Obesity?

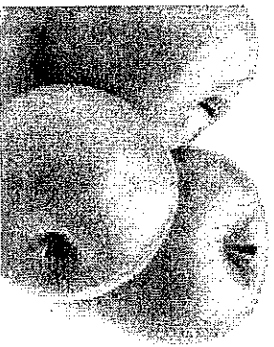
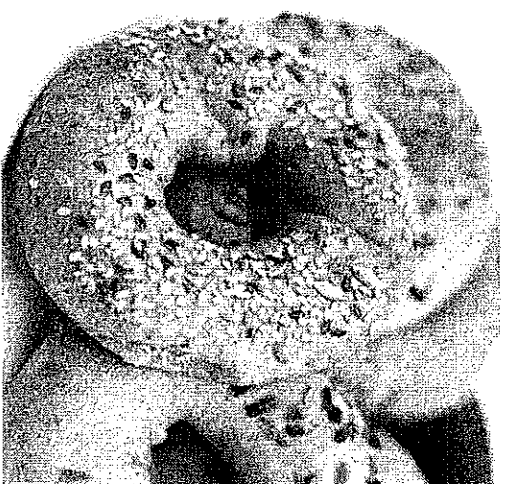
- Too many calories
- Not enough physical activity
- Genetics?



Portion Control: Then and Now

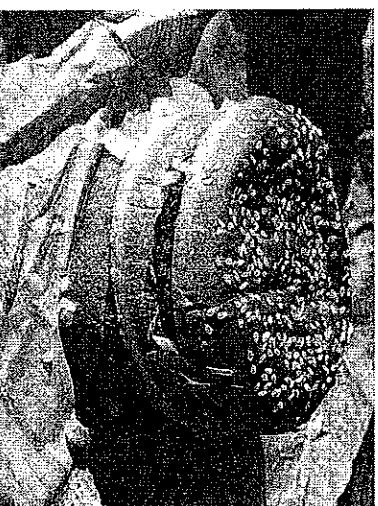
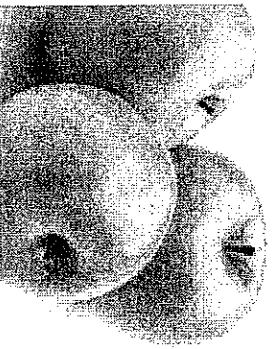
20 Years and Today

- Bagel
- Then: 3" diameter, 140 calories
- Now, 350 calories!



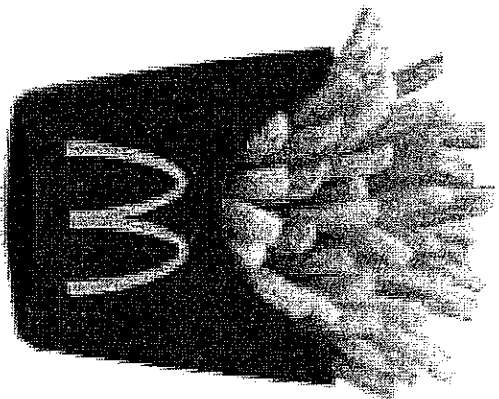
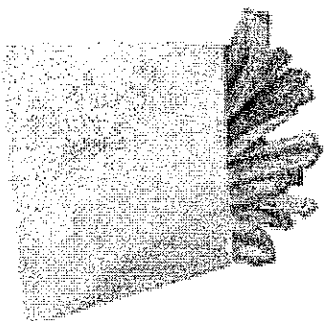
Portion Control: Then and Now 20 Years and Today

- Hamburgers
 - Then, 330 calories
 - Now, 590 calories
 - Monster Burgers, over 1400 calories!



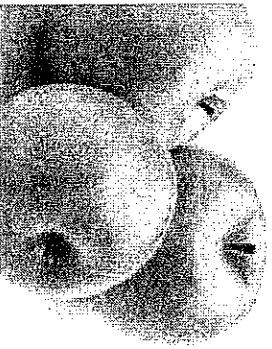
Portion Control: Then and Now 20 Years and Today

- Large French Fries
- Then, 2.4 ounces, 210 calories
- Now, 5 ounces, over 500 calories!



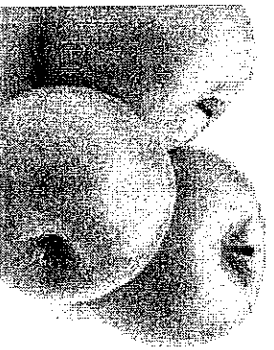
Portion Control: Then and Now 20 Years and Today

- Value marketing
 - More for less money
 - Combo meals, value meals
 - We've gotten a deal!
 - Recipe portions have increased
 - Nestle Toll House cookies
 - Recipe yields 60, BUT, when written in 1949, the yield was 100!



What Do We Do?

- How can I lose weight and keep it off?
 - Diets don't work
 - Disrupt normal eating → bingeing, overeating, out of touch with appetite
 - Can cause food and weight obsessions
 - Can lead to disordered eating
 - Can erode self-esteem, confidence, and self-trust
 - Tired, light headed, low energy
 - Diets put your life on hold

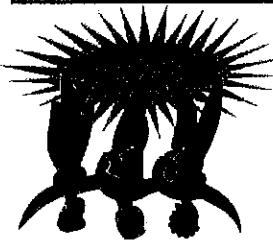


What Can We Do? The REAL Solution

Intuitive Eating

Making food choices without experiencing guilt or an ethical dilemma. Honoring hunger, respecting fullness, and enjoying the pleasure of eating.





Summary of Eating Styles

A New You: Health for Every Body

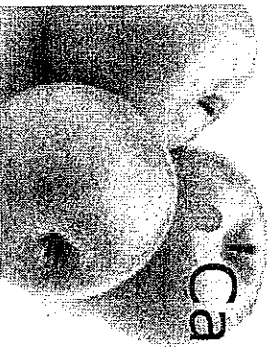
Eating Style	Trigger	Characteristic
Unconscious Eating	Eating while doing something else at the same time	Unaware of eating. Sitting down and eating is often viewed as a waste of time. Eating is usually paired with another activity to be productive.
Chaotic Eating	Over-scheduled life	Eating style is haphazard – "gulp 'n go" when food is available. This eating is often associated with stress and tension.
Refuse-Not Eating	Presence of food	This eating is encouraged by candy jars on desks, or food present at social gatherings or sitting openly on the kitchen counter.
Waste-Not Eating	Cheap or free food	Eating is often influenced by monetary value or cost of food. This eating is promoted by all-you-can-eat buffets and cheap food.
Emotional Eating	Uncomfortable emotions	Stress or uncomfortable feelings trigger eating – especially when alone. This is eating in response to an emotion rather than physical hunger.
Careful Eating	Fitness and health	Appears to be perfect eating, yet anguishing over each food morsel and its effect on the body. On the surface, this eating seems health and fitness driven.
Professional Dieting	Feeling fat	Perpetual dieting, often trying the latest commercial diet or diet book.
Intuitive Eating	Biological hunger	Making food choices without experiencing guilt or an ethical dilemma. Honoring hunger, respecting fullness, and enjoying the pleasure of eating.

Adapted from: *Intuitive Eating*, by E. Tribole and E. Resch, 1995. Nancy Bayne, PO Box 36, Nunn, CO 80648.

A New You developed by Outreach & Extension of the University of Missouri & Lincoln University. Adapted by and distributed with support from WIN the Rockies, WIN Wyoming, and University of Wyoming Cooperative Extension Service, Dept. of Family & Consumer Sciences. The University of Wyoming and the United States Department of Agriculture cooperate. The university is an equal opportunity/affirmative action institution. Supported by award 0004499 through IPAFS (Initiative for Future Agriculture & Food Systems) Competitive Grants Program/USDA. www.uwyo.edu/winterockies A New You 2.2 0306

What Kind Of Eater Are You?

- **Unconscious Eating**
 - Eating while doing other things. Unaware of eating.
- **Chaotic Eating**
 - "Gulp-n-go", often associated with stress.
- **Refuse-Not Eating**
 - Eat because it is there. Food at a party or on the candy jar on the desk at work.
- **Waste-Not Eating**
 - Cannot throw food away...



What Kind of Eater Are You?

- **Emotional Eating**
 - Stress or uncomfortable feelings trigger eating.
- **Careful Eating**
 - On surface appears to be health and fitness driven, yet anguishing over each food morsel and affects on body.
- **Professional Dieting**
 - Always on a diet. Trying latest commercial diet or diet book.

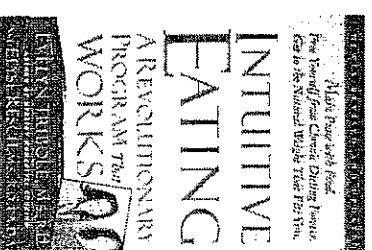
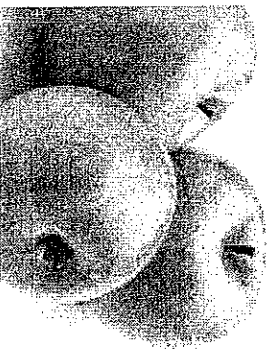


Principles Of Intuitive Eating

"Only when you vow to discard dieting and replace it with a commitment to Intuitive Eating will you be released from the prison of yo-yo weight fluctuations and food obsessions."

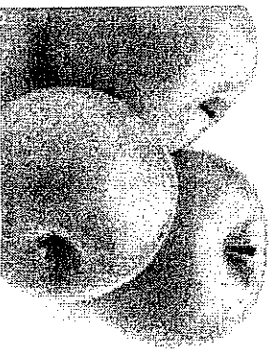
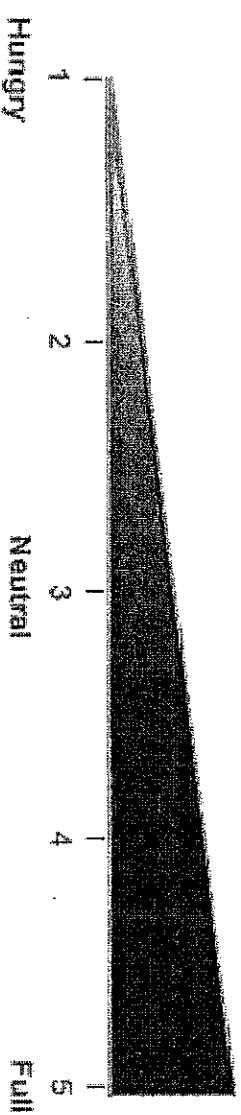
Intuitive Eating

Evelyn Tribole, MS, RD and Elyse Resch, MS, RD



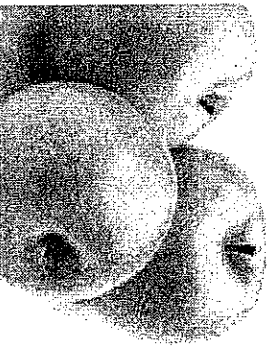
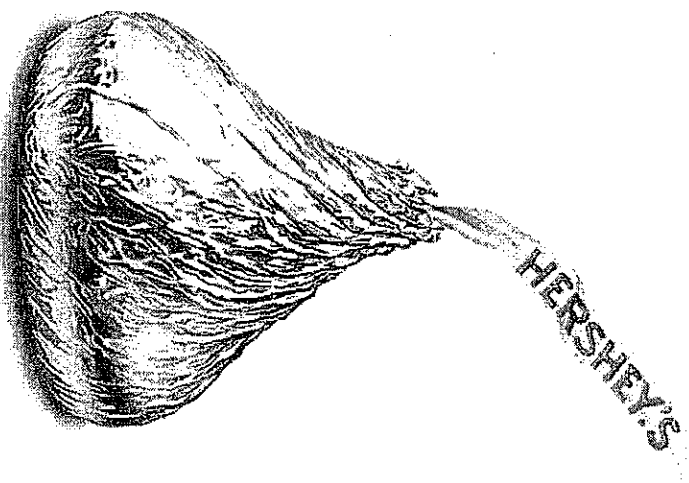
Becoming An Intuitive Eater

- Honor your hunger
- How does it feel to be hungry?
- How does it feel to be full?
- Using a hunger/satiety scale



Becoming An Intuitive Eater

- Discover the satisfaction factor
- Truly enjoy the foods you eat
- Kiss example



Becoming An Intuitive Eater

● Cope with your emotions without using

food

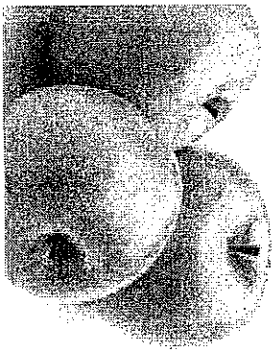
- Ask yourself
 - Am I biologically hungry?
 - What am I feeling?
 - What do I really need?

Mood-Food Connection

A New Year Health for Every Body

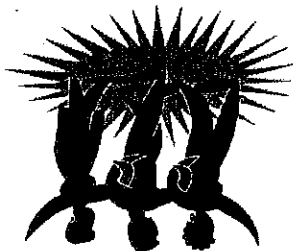


Moods	Foods	Activities
Lonely		
Grumpy		
Elated		
Nervous		
Sad		
Excited		
Discouraged		
Confident		
Bored		
Jealous		
Happy		
Irritable		
Anxious		
Hopetful		
Mad		
Angry		
Scared		
Confused		
Worried		
Disappointed		
Furtious		
Relaxed		
Relieved		
Ashamed		
Frustrated		



Mood-Food Connection

A New You: Health for Every Body



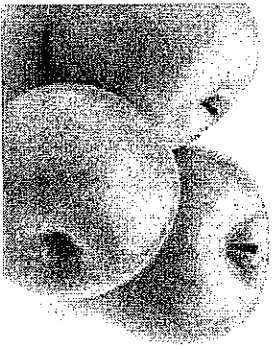
Moods	Foods	Activities
Lonely		
Grouchy		
Elated		
Nervous		
Sad		
Excited		
Discouraged		
Confident		
Bored		
Jealous		
Happy		
Irritable		
Anxious		
Hopeful		
Mad		
Angry		
Scared		
Confused		
Worried		
Disappointed		
Furious		
Relaxed		
Relieved		
Ashamed		
Frustrated		

Adapted from: Christian, Sandy. *Working with Groups to Explore Food & Body Connections*, Duluth, MN: Whole Person Associates, 1996.

A New You developed by Outreach & Extension of the University of Missouri & Lincoln University. Adapted by and distributed with support from WIN the Rockies, WIN Wyoming, and University of Wyoming Cooperative Extension Service, Dept. of Family & Consumer Sciences. The University of Wyoming and the United States Department of Agriculture cooperate. The university is an equal opportunity/affirmative action institution. Supported by award 0004499 through IFARS (Initiative for Future Agriculture & Food Systems) Competitive Grants Program/USDA. www.uwyo.edu/winhtherockies A New You 4:2 0903

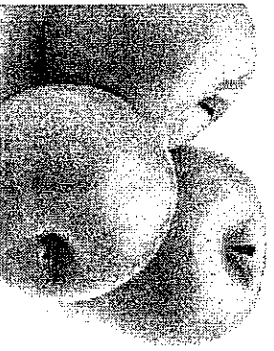
Becoming An Intuitive Eater

- Practice Gentle Nutrition
 - Feed your metabolism
 - Following nutritional guidelines: MyPyramid and MyPlate
 - Keep portions in check by using your tools
 - High fiber to fill up, not out



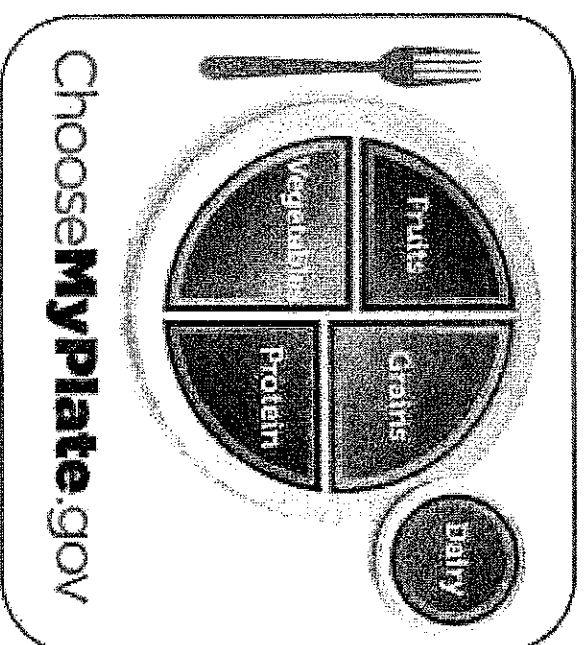
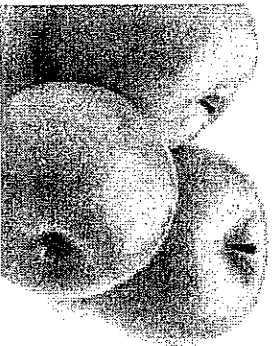
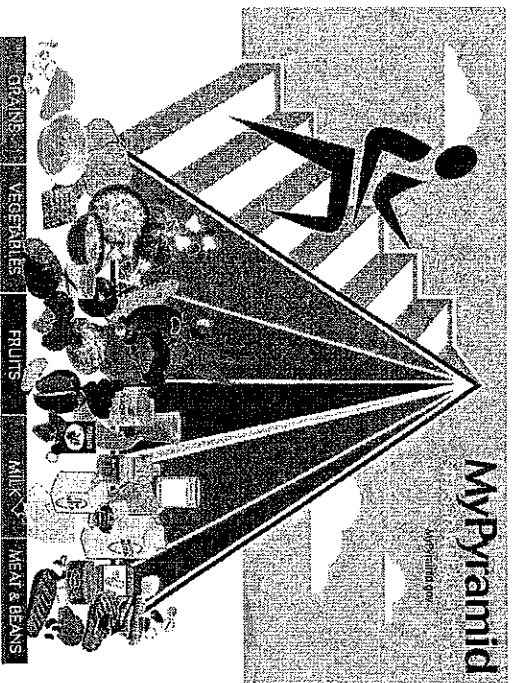
Gentle Nutrition

- Feed your metabolism
 - "Remember, to stoke your metabolic fire, you need wood, not just kindling."
 - Never eliminate a food group.
 - Do not go more than 5 hours without eating.
 - Eating before exercise provides fuel, eating after provides recovery.



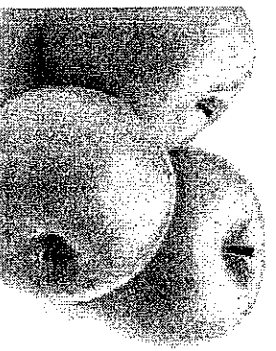
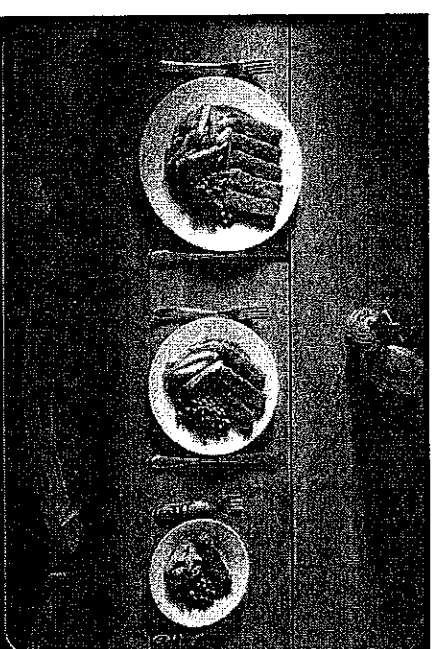
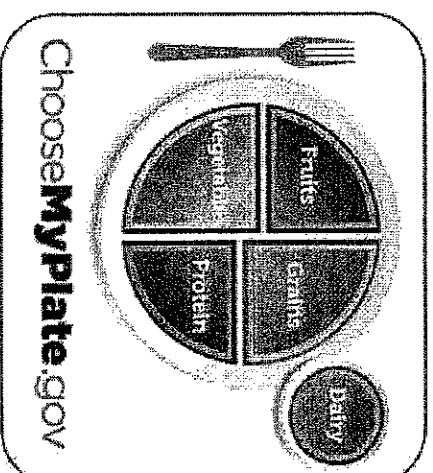
Gentle Nutrition

- Follow nutritional guidelines.



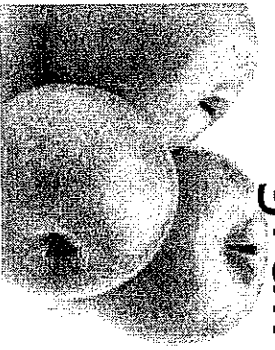
Gentle Nutrition

- Keep portions in check by using your tools
- Kiss example
- Hunger scale
- New plates/bowls
- Measuring Cups



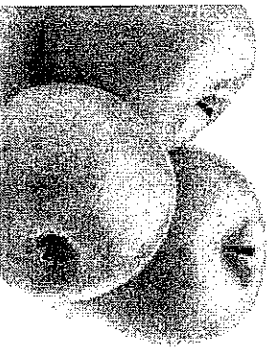
Gentle Nutrition

- Use fiber to fill up, not out
 - Women
 - 25 grams per day, for women younger than 50
 - 21 grams per day, for women older than 50
 - Men
 - 38 grams per day, for men younger than 50
 - 30 grams per day, for men older than 50
- Obtain fiber from a variety of sources; whole grains, fruits, vegetables and beans.



Don't Forget to Move

- Your attitude about exercising “Just Do It!” or “Just Forget It!”
- Exercising often times goes hand-in-hand with the negative experiences of dieting
 - If your only goal is to lose weight, often times it can be difficult to find motivation.
- Aim to incorporate all types of exercise
 - Aerobic, resistance training, stretching



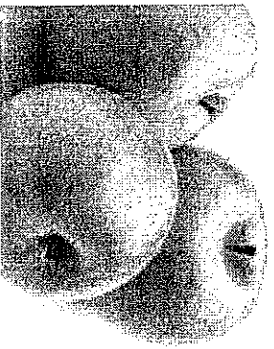
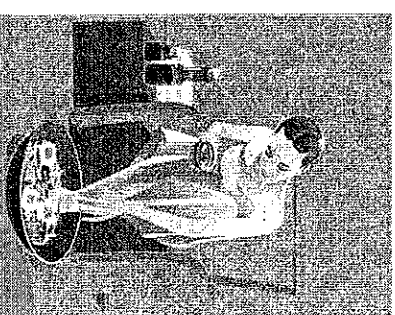
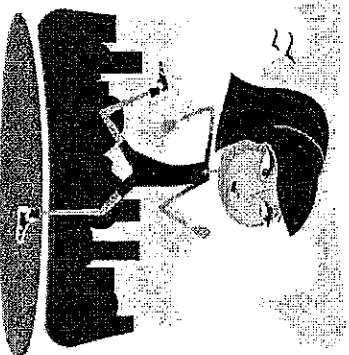
Benefits of Physical Activity

- Lower stress levels
- Higher energy levels
- Improved health
- Lower blood pressure, cholesterol
- Increased bone, heart and lung strength
- Better sleep
- Sense of empowerment
- Increased metabolism



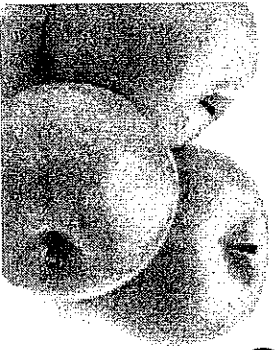
Keys to Success

- Enjoy what you are doing
- Choose activities that you are comfortable doing
- Fueling your body is crucial
- Celebrate yourself!



Walking For Fitness

- Grab a pedometer and walk daily
 - Tips to get 10,000
 - Park a little further away each day
 - Skip the elevator and take the steps
 - Instead of e-mailing a colleague in the same office, walk over and talk with them
 - Go for a short walk with a co-worker over lunch
 - Walk around the house while on the phone or during commercial breaks



Resistance Exercise at Home

- You don't have to join a gym to be fit.
- Easy exercises at home that require little or no equipment
 - Sit-ups/crunches
 - Push-ups
 - Standing squats/lunges
 - Bicep curls with water bottles or canned food
 - Calf raises holding on to counter or table
- Invest in small dumbbells (\$10) and resistance band

