



Session 5



NUTRITION



REVIEW

NUTRITION

ACTION

PLAN

SESSION 5



REVIEW

ACTIVITY

ACTION PLAN



REVIEW

MIND-HEALTH

ACTION PLAN



Welcome to **SESSION** TOPICS

5



Rationale and techniques for mindful eating

Hunger / Fullness Scale

Change how / where you eat

Compare hunger, appetite, and food cravings

Explore personal triggers and ways to manage

Explore cravings and ways to weaken / delay habitual responses to food

Techniques to rise above / overcome psychological barriers

How physical activity helps to control food cravings



- Eating in the “moment”
- Better gauge of when to **START** and **STOP**



Mindful Eating

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Mindful eating exercises to try at your next meal(s):

- **Mindful eating handout**
- <http://www.med.navy.mil/sites/nmcphc/health-promotion/psychological-emotional-wellbeing/relax-relax/pages/mindfulness.html>
 - Click on the link to mindful eating
 - Listen to this recording with or without headphones



Practice Mindful
Eating

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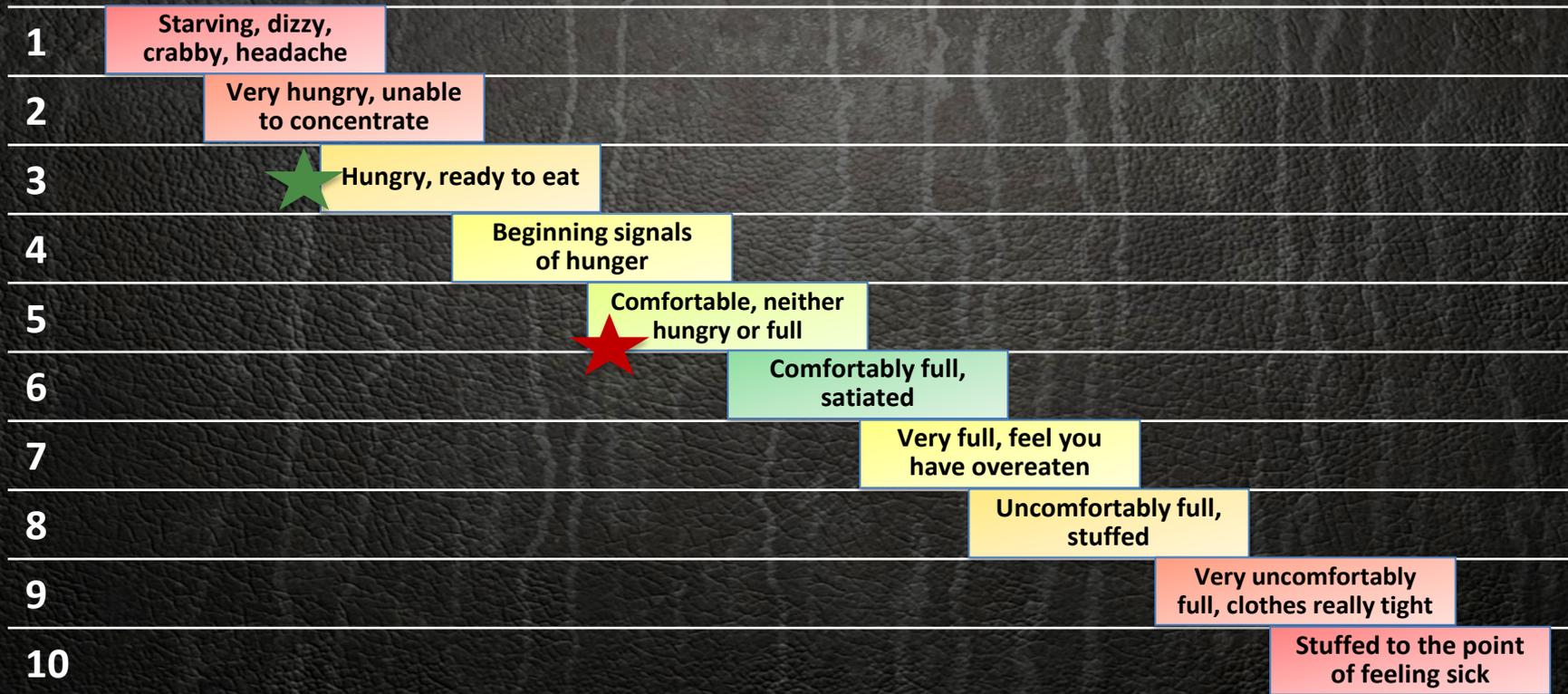


Mindful Eating App

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Hunger

Rate Your Hunger / Fullness



Fullness

Tips for managing your hunger/fullness:

- Learn to eat when your body feels like a 3, as noted by a 
- Try to match your physiological hunger and stop around 5 or 6; as noted by a 



- ✓ Use smaller plates, bowls, and glasses
- ✓ Take 20! Practice “pressing the *pause* button” while eating and avoid distractions
- ✓ Stop eating when you are satisfied even if there is still food on your plate!
 - Check in with yourself throughout the meal
 - Establish an “END” to your meal



Practice Mindful
Eating
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Beating Mindless Eating

<https://www.youtube.com/watch?v=PCnbOwR-Cms>

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At Work Dilemma



When you work through lunch/at desk: May eat more food without even being aware

At Work Solution



Find a break-room or quiet location away from your desk and computer

At Home Dilemma



When you eat while watching TV, reading, surfing internet, etc.: May continue eating until the TV show is over

At Home Solution



Turn off all electronics and sit down to enjoy your food!



Where You Can
Affect How Much
You Eat!

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Ways to Defend Yourself Against Mindless Eating

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Make healthy foods more visible and unhealthy foods less visible

- Include at least 1 fruit and/or 1 vegetable at *every* meal



Ways to Defend
Yourself Against
Mindless Eating
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When Dining Out:

- *Decline* the bread/chip basket at the restaurant or *move it across* the table
- **PICK** no more than **2 parts (a – d)** to your meal:
a) Meal b) A special drink c) An appetizer d) A dessert

KNOW THE DIFFERENCE

HUNGER:

- Need for food
- Difficult to ignore; gets worse with time
- Triggered by:
 - Biological need

APPETITE:

- Interest in food
- Can override feelings of hunger/fullness
- Triggered by:
 - Emotions
 - Environment (people, places, food around you)

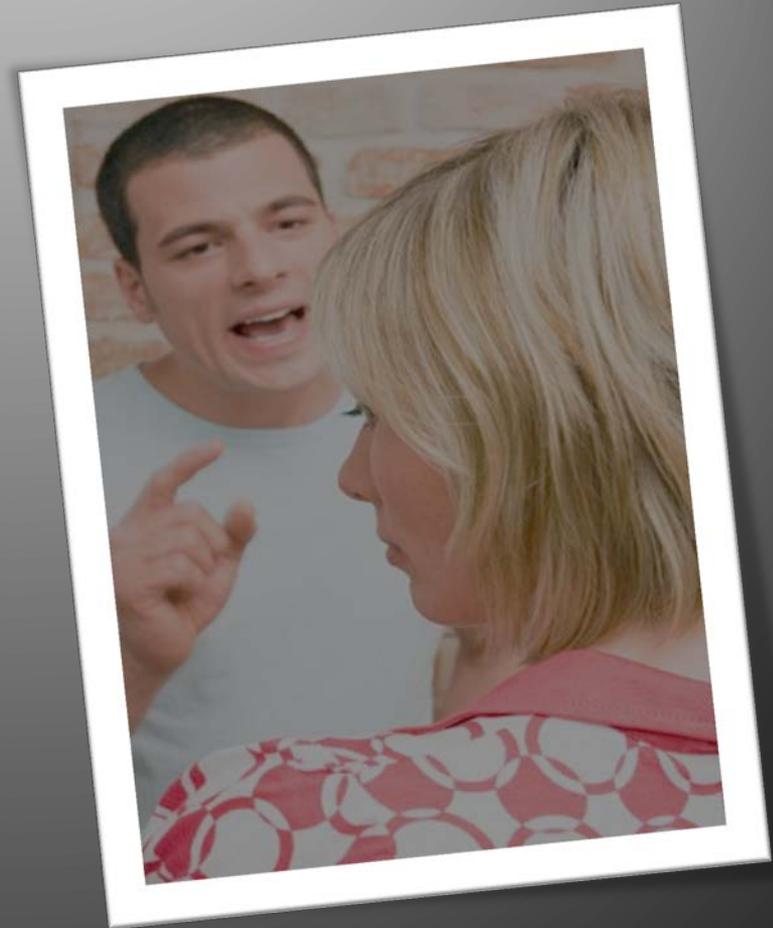
FOOD CRAVINGS:

- Desire for a *specific* food
- Can change over time (may pass or change in ≤ 10 minutes)
- Triggered by:
 - Emotions
 - Environment (people, places, food around you)



IS IT YOUR EMOTIONS?

- ✓ Boredom
- ✓ Stress
- ✓ Anger
- ✓ Sadness
- ✓ Loneliness



Not Physically
Hungry? Identify
the Real Issue

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STRATEGY:

Deal with the emotion rather than
using food as a form of therapy



IS IT YOUR PROMINITY TO FOOD?



Not Physically
Hungry? Identify
the Real Issue

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STRATEGY:

Try a distraction technique



What Are Your
Personal Triggers?

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Manage Your “Triggers”

Four “A”s

Change the situation	Avoid the trigger	Adapt to the trigger	Change the reaction
	Alter the trigger	Accept the trigger	

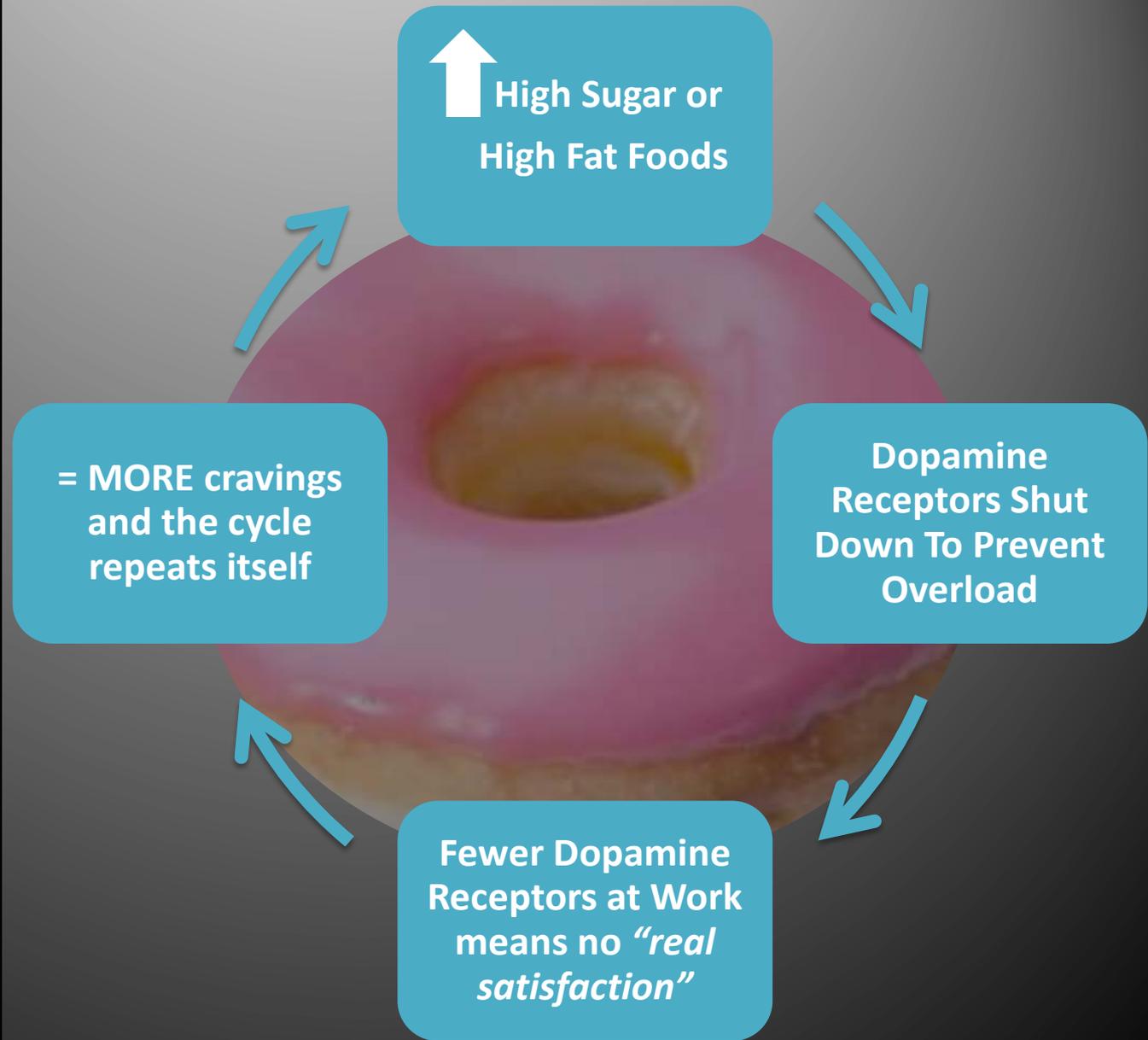
Four “D”s

Distract	<i>If not really hungry</i>	How You Can Avoid Overeating and/or Emotional Eating
Delay	<i>Pause before responding</i>	
Discuss	<i>Talk yourself through it</i>	
Drink Water	<i>Drink a glass of water</i>	



Food Cravings

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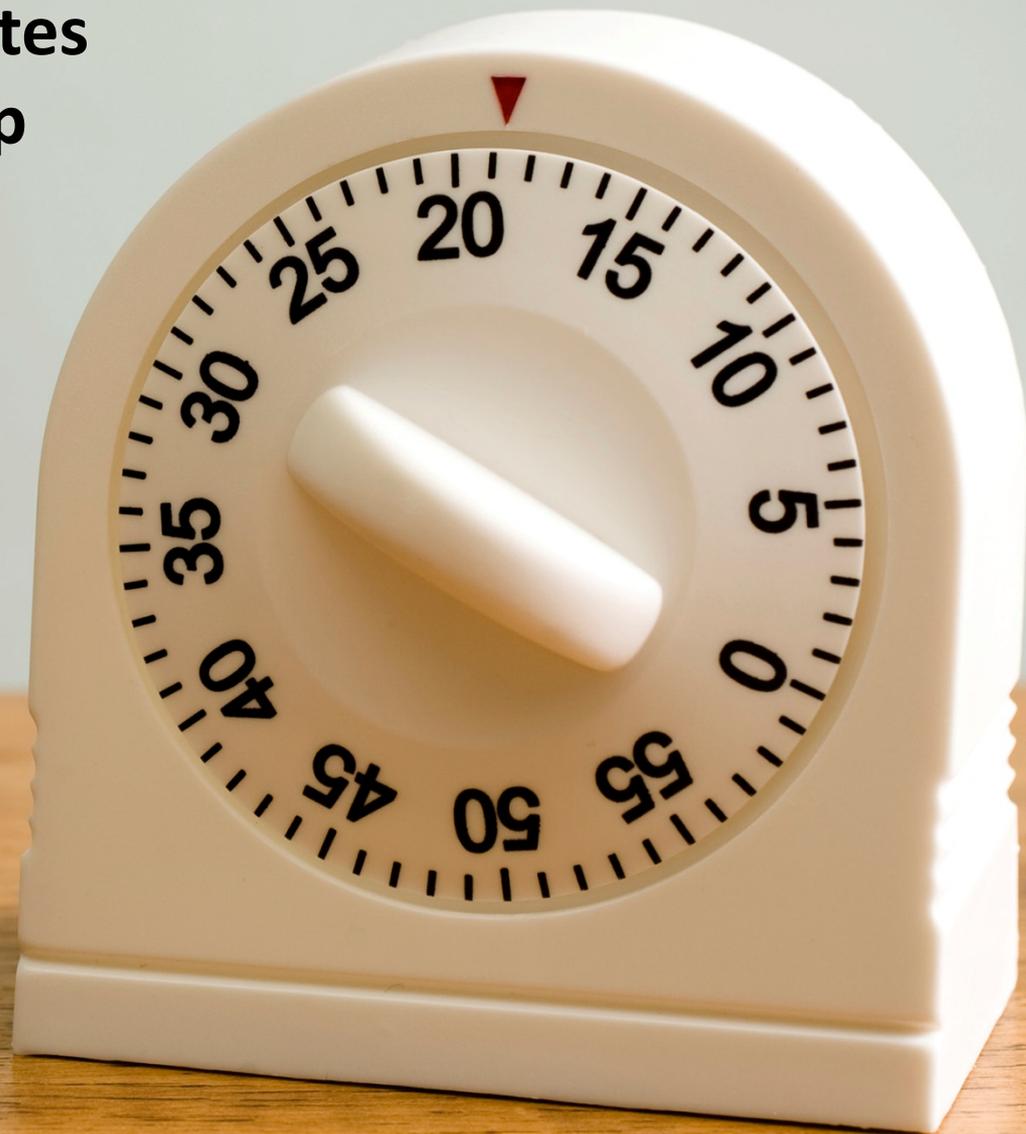


“Urge Surf” to
Weaken Habitual
Response to Food
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- Notice the urge and attend to it without acting upon it
- Restructures the brain to think of the urge as merely a thought, and NOT a physical need that must be acted upon



Set a timer for
30 minutes
and keep
yourself
busy



Delay / Weaken
Habitual
Responses to Food



Delay/Weaken
Habitual

Responses to Food

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✓ **Make it inconvenient**

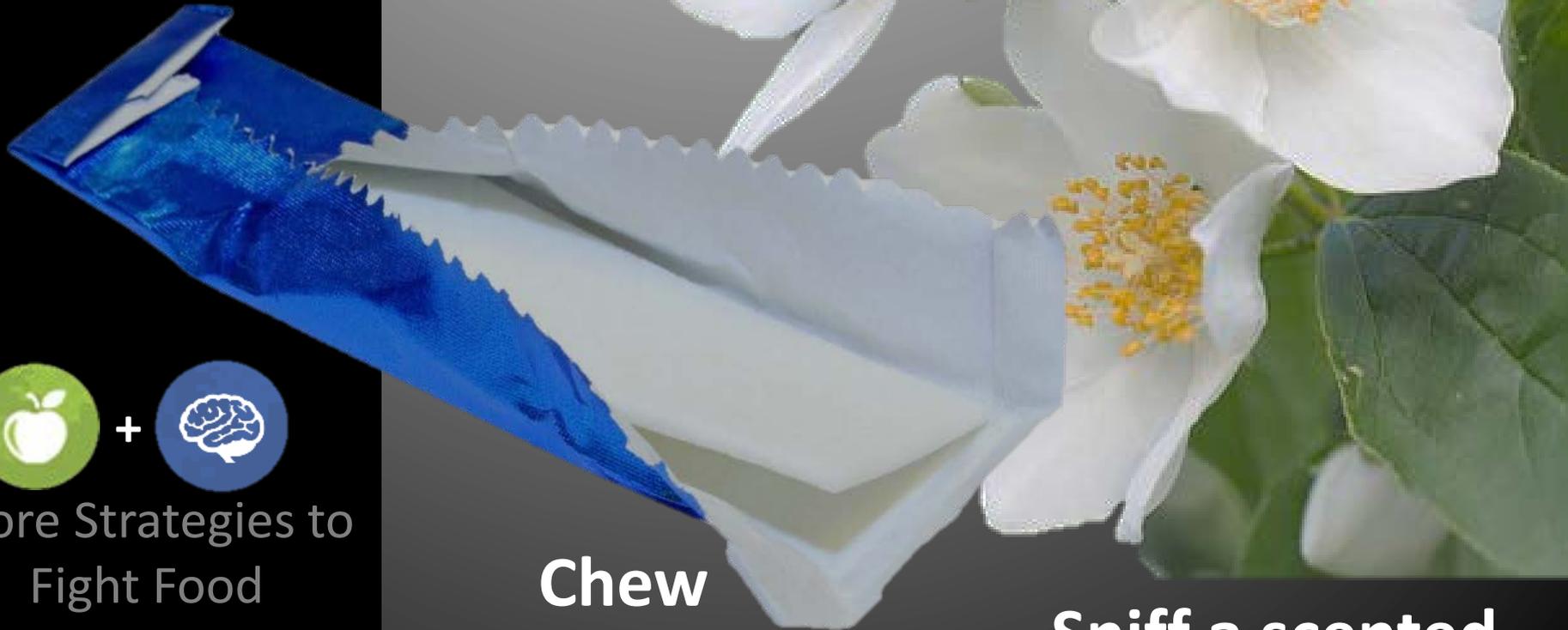
- Hide it (i.e. in a drawer/cupboard)
- Move it to an *inconvenient* location of the house (basement)
- Avoid purchasing it in the first place!

✓ **Get protein and fiber at every meal/snack to stay satisfied**

✓ **Substitute or pre-portion**



More Strategies to
Fight Food
Cravings
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**Chew
sugarless
mint gum**

**Sniff a scented
non-food item**



Rise Above
Psychological
Barriers

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- Rather than, “I can’t eat _____”;
Try, “I DON’T eat _____”
- **Negative self-talk / thoughts can de-rail your efforts**
 - All or nothing thinking
 - Exaggeration
 - Overgeneralization
 - Mind-reading
- **Temporary set-back = opportunity to change, grow, and progress!**



Exercise Can Help Control Food Cravings

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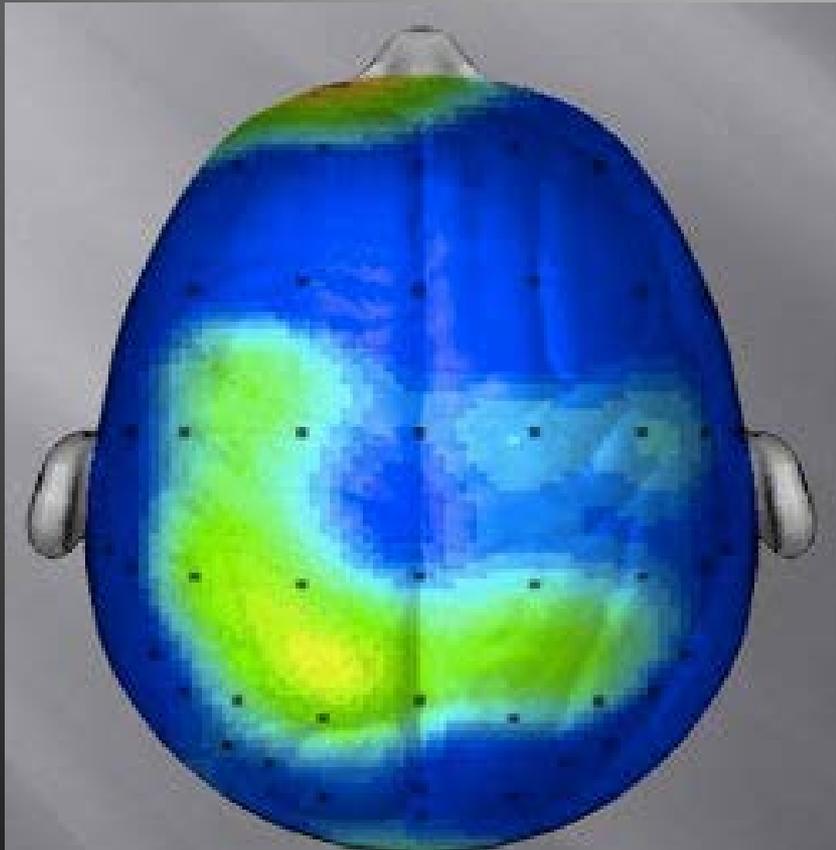


Brisk Activity
(≥ 15 minutes)

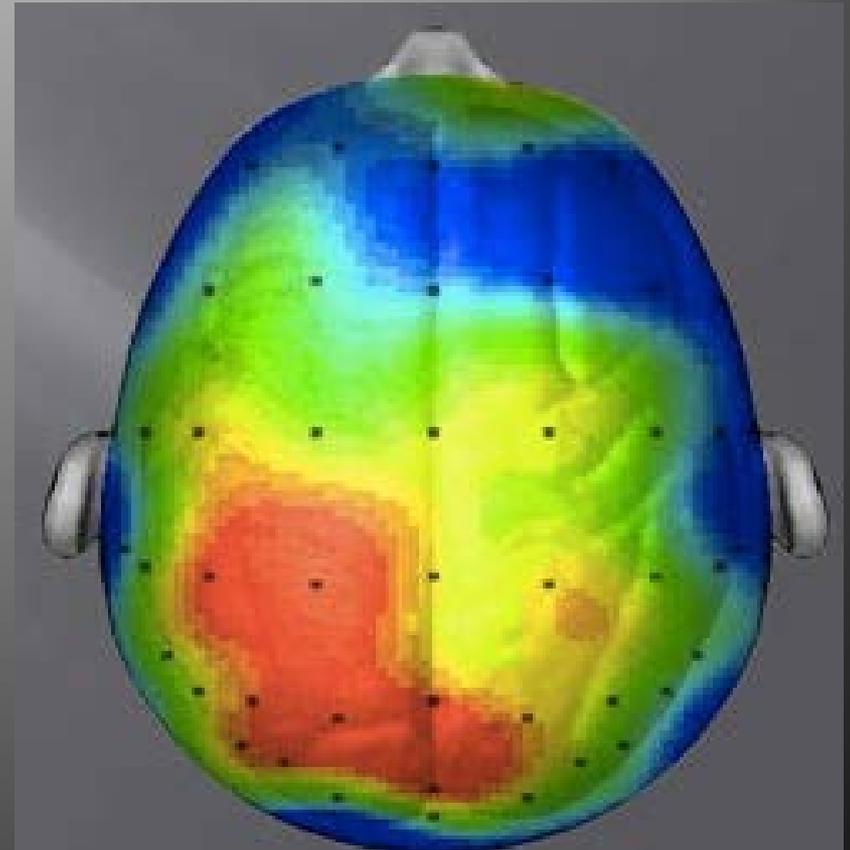
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- Reduces stress
- Improves self-control
- Decreases cravings for high-sugar/high-fat foods

AFTER SITTING QUIETLY



**AFTER A BRISK,
15-MINUTE WALK**



↑ Brain Derived Neurotrophic Factor (BDNF)

↑ Endorphins



- Rate your hunger and fullness from 1 to 10
- Deal with emotions without using food as “therapy”
- Delay and distract
- Get active to help control food cravings

Summary

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NUTRITION ACTION PLAN

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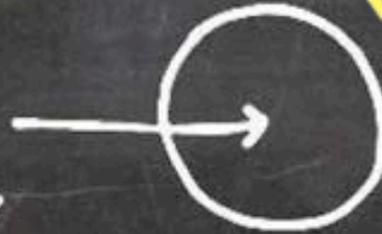
ACTIVITY ACTION PLAN



MIND HEALTH ACTION PLAN



Your
Comfort
Zone



Where the
magic happens