INTUITIVE EATING & BODY POSITIVITY

Presented by Katelyn Winder and Hailee Pulli, Seniors in the USU Coordinated Dietetics Program
Objectives

At the end of this presentation, participants will be able to:

- Identify one or more self-esteem traps within their own lives
- Name a principle from the Hunger and Fullness scale that they can apply daily
- Recognize at least two alternatives to emotional eating

*Some slides are based on the “Every Body Rocks” presentation by Brooke Parker, RDN*
What is Intuitive Eating?

“The process of Intuitive Eating is a practice, which honors both physical and mental health. Intuitive Eating is aligned with Health at Every Size, because the pursuit of intentional weight loss is a failed paradigm, which creates health problems: including weight stigma, weight cycling, and eating disorders. All bodies deserve dignity and respect.”

- Evelyn Tribole, MS, RDN, CEDRD-S
“A diet is any plan that promises weight loss as an outcome, usually by attempting to exert control over behaviors, cutting calories, and restricting foods.”

- From *Body Kindness*

- Research shows that dieters tend to regain more weight than they lose... in other words, diets *promote* weight gain in the long-term

- Dieting may lead to:
  - Weight retention
  - Slowed metabolism
  - Loss of muscle mass
  - Increased cravings
  - Decreased self-control
  - Increased stress
  - Disordered eating patterns
  - Disconnect between mind and body
Diets LOVE Self-esteem Traps

- Scales
- Mirrors
- Social Media
- Fat Talk
#1: Scales

What can a scale measure?
- Your weight

What can’t a scale measure?
- Your personality
- Your talents
- Your beauty
- Your worth
#2. Mirrors

Why are mirrors a potential trap?

**Negative filtering: a habit in which a negative focal point is chosen and nothing else counts.**

- Example: I hate my hair thus I have no other positive features that count even if I have beautiful eyes or smile.

Effects of the mirror can last for hours into the day. Techniques to avoid the traps are:

- 1 – Pixelate the mirror with positive images or messages
  - 2 – Leave the mirror with “One Good Thing”
#3. Social Media

## HOW TO LOSE 10 POUNDS WITHIN 1 WEEK ON SOCIAL MEDIA

### 1. 5 Tips

1. **51 Square Miles**
2. **Andrei Arlovski**
3. **ABDOMINAL WORKOUT**

### 2. How To Lose 2 Pounds In Just 4 Weeks

- **Transform Your Body**
- **in Just 4 Weeks**

- **The 4-week plan**
  - **Workout #1**
    - 3 minutes **Plank**
    - 1 minute **Push-ups**
    - 2 minutes **Squats**
    - 1 minute **Bird-dog**
    - 1 minute **Lying hip raises**
    - 1 minute **Plank**
    - 1 minute **Push-ups**
    - 2 minutes **Squats**
    - **Rest for 15 seconds between exercises.**

- **Workout #2**
  - 3 minutes **Plank**
  - 1 minute **Push-ups**
  - 3 minutes **Bird-dog**
  - 3 minutes **Lying hip raises**
  - **Rest for 10 seconds between exercises.**

### Weekly Plan

- **WEEK #1**
  - **Day 1** – **Workout #1**
  - **Day 2** – **Workout #2**
  - **Day 3** – **Workout #1**
  - **Day 4** – **Workout #2**
  - **Day 5** – **Workout #1**
  - **Day 6** – **Workout #2**
  - **Day 7** – rest

- **WEEK #2**
  - **Day 1** – **Workout #2**
  - **Day 2** – **Workout #1**
  - **Day 3** – **Workout #2**
  - **Day 4** – **Workout #1**
  - **Day 5** – **Workout #2**
  - **Day 6** – **Workout #1**
  - **Day 7** – rest
#3. Social Media

- What would you do if you came across posts like those?
- How do they make you feel?

- It’s almost impossible to completely avoid toxic posts like these on social media...

- What can you do to try and reduce the amount of harmful posts you may see?
#4. FAT TALK

I'M TOO FAT
I WEAR A SWIMSUIT.

SHE'S TOO FAT
TO WEAR THAT NEED TO LOSE 5 POUNDS
BY THE WEEKEND.

ARE YOU SO THIN?
DON'T THINK YOU'RE FAT
LOOK AT ME.

YOU LOOK GREAT HAVE YOU
LOST WEIGHT?

WAY TOO TIGHT
FOR HER FIGURE.

LOOK AT MY FAT ROLLS.
Fueling Our Bodies

Your body is like a car – it needs fuel to function

When you fill your car’s gas tank, you typically fill until you hear a “click”

If you give your car too little fuel, you’ll have to stop often to refuel, or you may run out of energy before the next gas station

We must regularly fill our bodies with fuel, but with the right amount to keep us going strong
The Hunger-Fullness Scale

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<th>Level</th>
<th>Description</th>
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<td>0</td>
<td>Empty</td>
</tr>
<tr>
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<td>Ravenous</td>
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<tr>
<td>2</td>
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<tr>
<td>5</td>
<td>Satisfied</td>
</tr>
<tr>
<td>6</td>
<td>Full</td>
</tr>
<tr>
<td>7</td>
<td>Stuffed</td>
</tr>
<tr>
<td>8</td>
<td>Sick</td>
</tr>
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</table>
Our hunger and fullness is like a pendulum

- To keep our metabolism running strong, we should try to swing from a 3-4 to a 6-7
- If we let ourselves get down to a 1-2, we’ll likely swing to an 8-9
- Eat every 3-4 hours to avoid those big swings
FINDING THE “CLICK”

The sweet spot of satisfaction is like the “click” of a gas pump when your car is fully fueled - A 6-7 on the Hunger and Fullness scale

How to identify the “click”:

1. Food doesn’t taste as good as when you started
2. Take mini breaks throughout eating
3. Learn from history – any time you get to an 8 is helpful for identifying what a 6-7 would be next time
Have you ever pulled up to a gas station when your car was already full and tried to pump more fuel in?

- Do we ever do this when fueling our own bodies?

“Food is love, food is comfort, food is reward, food is a reliable friend... Food can be used to cope with feelings in a myriad of ways. Using food in this way is not a component of biological hunger, but of emotional hunger.”

- From *Intuitive Eating*
Ask and Engage

1. Am I hungry?
   - When was the last time I ate?

2. How do I feel?
   - Bored, stressed, lonely?

3. What do I need?

   • Alternatives to Emotional Eating:
     - Mental – meditate, write in a journal, read a book
     - Physical – do a workout you love, go for a walk
     - Social – talk with someone you care about on the phone, spend time with family
     - Creative – arts, crafts, using your hands
     - Music – listening to or playing an instrument
     - Pampering – spa day, paint nails, braid hair, take a long shower
     - Nature/Animals – play with pets, go outside somewhere peaceful
Power Meals and Snacks

• To maintain a strong, active metabolism, we should eat every 3-4 hours
• This means we need powerful meals and snacks to keep us satisfied

• Power meal: Power snack:

*Note: not every meal and snack will have each component and that’s okay!
The Key is Variety

While there are no **forbidden** foods, there are **most-of-the-time foods** and **some-of-the-time foods**

- Most-of-the-time foods are packed with nutrients and will keep you fuller for longer
  - Ex: fruits, vegetables, whole grains, protein-rich foods, and quality fats

- Some-of-the-time foods are less nutrient dense and are eaten for satisfaction and pleasure
  - Ex: desserts, chips, candy, fried foods, and sugary drinks
Mindful Movement

- Fitness and weight are NOT mutually exclusive
- Research shows that moderate physical activity more strongly correlates to a reduced risk of cardiovascular disease and mortality than being at a normal BMI does.
- Exercise is not one-size-fits-all. Find what you love and what brings you joy.

“I’m pretty much in love with my body. Sometimes I get disappointed or angry with it, but like any long-term, committed relationship, it usually comes right back to love and respect.”

- Mirna Valerio
WHICH PUPPY IS THE CUTEST?
Don’t put all your eggs in one basket…

- Do we sometimes put all of our value into one area?
- Can we fit all of our “eggs” in one basket, or do we need multiple baskets?
- We are not one-dimensional
  - If we see ourselves that way, we become fragile
We Have to Learn to Accept Ourselves As We Are

“I know many women who don’t look like ‘the ideal’ body, and they are healthy and strong. They are spin instructors, Ironman athletes, personal trainers, working professionals, moms, teachers, and graduate students. Yet I know others who could be healthier and stronger if they just made peace with their bodies and did the best they could, despite the shortcomings of our judgmental society.

Maybe if we all accept ourselves, society will become more accepting of diverse bodies.”

- From *Body Kindness*