



LET'S TALK DIETETICS:

COLLABORATION TO EVOLVE PRACTICE,
IMPROVE NUTRITION CARE.



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The Benefits of Mindfulness:
How to Improve Your Health, Happiness and Eating
Experiences by Connecting with Your Inner Wisdom

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Disclosure

Speaker name: Emilia Vassilopoulou

- I do not have any potential conflict of interest





Mindfulness

- The first and best victory is to conquer self. —Plato

Human being is a conflicted animal

- we have a multitude of desires - part of genetic birthright
 - sex, food, safety, certainty, and self-esteem are among these.
- we are expected to forego our desires a good proportion of the time in the service of cultural values.
 - Observers have long noted that this situation is rife with the potential for conflict.



Despite our best intentions, we fail to control our «appetites»

- Along these lines
 - St. Paul lamented “... the evil which I would not do, that I do” (Romans: 7:19) and
 - Freud declared that “the ego is not master of its own house” (Freud, 1917)



Data support these insights

- Norcross, Ratzin, & Payne, 1989: examined the success of New Year's resolutions such as losing weight, working on relationships, and quitting smoking
- majority of people (80 %) maintained their resolutions for a week
- minority of people (20 %) did so for 6 months

Mindfull eating



A PROCESS OF PAYING ATTENTION (ON PURPOSE), TO YOUR ACTUAL EATING EXPERIENCE, WITHOUT JUDGMENT.



EATING WITH INTENTION AND ATTENTION.



Objectives:



Examine the environmental influences affecting food and activity



Discuss how to take charge of situations to make healthier choices (body and mind)



Learn new techniques to help prevent overeating



Learn how to set a S.M.A.R.T. goal





Move toward a healthier you

- Paying deliberate attention to food
- Encompassing both internal processing and external environments
- Being mentally, physically and emotionally present
- Promoting balance, choice and acceptance of what is



Mindful Eating



Environmental Studies

- Individuals ate more from a bigger than from a smaller plate
- Why did this happen?



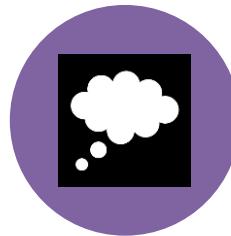
Why we eat more than we think



STEP BACK



THINK



ORGANIZE
THOUGHTS



PROCEED



Focus on Sensory Hunger

- Sight
- Smell
- Taste
- Mouth feel
- Noise

McCrickerd K, Forde CG. 2016. doi:
10.1111/obr.12340.





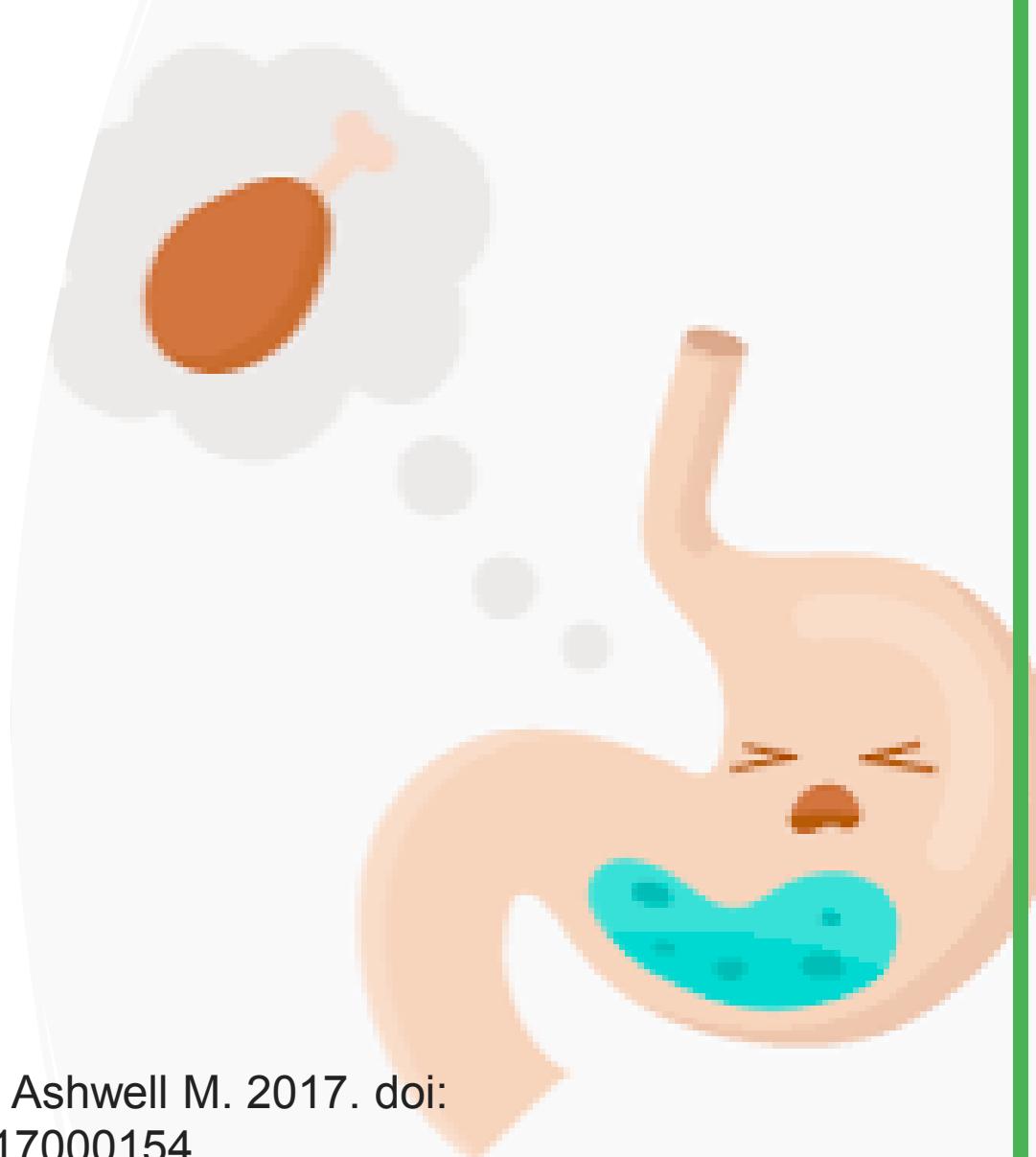
Chocolate or grape



Physical and Emotional Hunger

Physical Hunger

- Builds gradually
- Strikes below the neck
- Occurs several hours after a meal
- Goes away when full
- ***Eating leads to feeling of satisfaction***



Warren JM, Smith N, Ashwell M. 2017. doi:
10.1017/S0954422417000154.

Focus on Emotional Hunger

- Develops suddenly
 - Above the neck
 - Unrelated to time
-
- Persists despite fullness
 - ***Eating leads to guilt and shame***



Warren JM, Smith N, Ashwell M. 2017. doi:
10.1017/S0954422417000154.

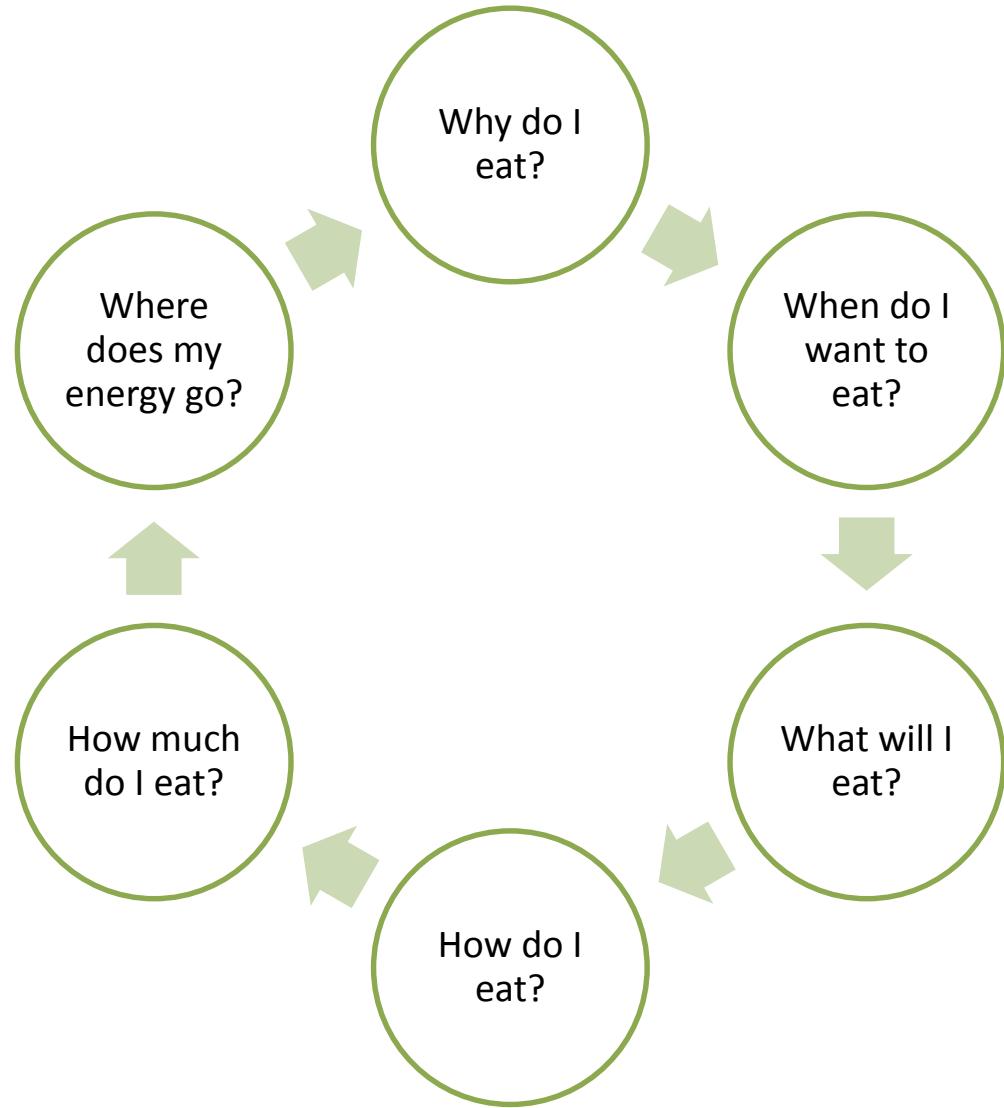


Physical, Emotional or Sensory Hunger

- Listen to what your brain is telling you?
 - What am I hungry for?
 - Important to think beyond food



Eating Cycle



Irrational Ideas About Eating



Do you always eat all the food on your plate?



Do you feel that it is rude to say "no" when someone offers you food?



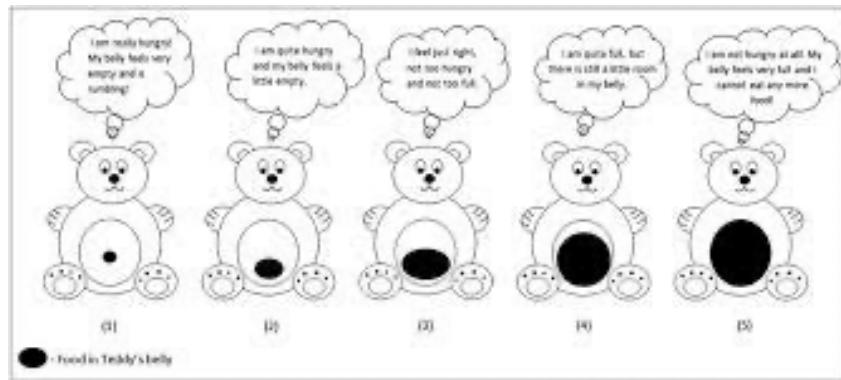
Do you feel like you have to eat until you are very full?



Do you tend to eat very quickly?



Hunger and Fullness Scale



HUNGER AND FULLNESS SCALE

Become a mindful eater. Use this scale to check in with your natural hunger and fullness signals.

Eat when you are at a **3 or 4**.
Stop eating when you are at a **5 or 6**.

- | | |
|--|--|
| | 1. Starving, dizzy |
| | 2. Very hungry, irritable or headache |
| | 3. Hungry, growling stomach |
| | 4. Beginning to feel hungry |
| | 5. Comfortable, neither hungry nor full |
| | 6. Satisfied |
| | 7. Full, slightly uncomfortable |
| | 8. Stuffed, uncomfortably full |
| | 9. Very uncomfortably full, need to loosen pants |
| | 10. Feeling sick |



Normal Eating

= flexible and enjoyable.

= varies according to hunger level.

= giving thought to your food selection so that you get nutritious food, but not being overly restrictive.

= giving yourself permission to eat sometimes because you are happy, sad or bored, or just because it feels good.

– trusting your body.



Mindfull eating benefits



- Might increase enjoyment in food consumed
- May increase value of quality vs quantity

Dunn C, et al 2018. doi: 10.1007/s13679-018-0299-6.



Behavior Transformations

- Health professionals including dietitians can provide advice, recommendations and support
- *Person is ultimately responsible for making changes*
- Put in a ***conscious effort!***
- Detect ***own motivators*** for change



Colchamiro R, et al. doi: 10.1016/j.jneb.2010.02.004.

Support is important

- Adopt diet plan to family habits
- Physical activity with a friend/family member
 - Join a gym
 - Weight loss group
 - Counselling (mental health/nutritional)



To change a problem or habit

Stay away
from the
problem

(or keep it out
of sight)

OR

Build a new
healthier
habit.

Learn from
past



Coping with Poor Choices and Problem Solving

Identify the problem

Brainstorm solutions to the problem

Try one of the potential solutions

If it works...Provide yourself a treat
(don't use the term *cheat day*)

If not... try a different potential solution.



- Making a less healthy choice at times is common and to be expected.
- Long history of making unhealthy choices. It's unrealistic to expect to always make the 'good choice.'
- ***The problem is often not the poor choice but what happens after the poor choice***
- We don't always realize the variety of options we have in a situation
- **Problem solving** is a great technique to help manage poor choices by describing the situation that lead to the poor choice, brainstorming possible solutions, and then choosing a plan to get back on track
- “Boredom” or “Lack of Motivation”

Slow
Down... You
Eat Too Fast



Slow Down



Feel Full Faster



Eat Less



Weight Loss

What triggers you to overeat or be less active?

What you're feeling

What someone says to you

What you see

Certain places

Certain activities (going to movies, watching TV, vacations, celebrations)



How does what other people say and do affect your eating and physical activity choices?

- Positive Examples

- Negative Examples



Plan Your Eating Strategies:

Decide

that you will eat only when seated

Decide

that you will take 30 minutes to eat

Decide

how much food you will leave on your plate

Decide

that you will eat only what you really want

Decide

to do some physical activity today



Restructure Your Environment

1

Don't buy empty calorie "junk" foods.

2

Keep healthy snacks readily available.

3

Avoid going to places where you lose control.

4

Put your exercise clothes out the night before.

5

Make your lunch the night before so all you have to do is grab and go.



Work with your body rather than against it

Eat well and joyfully.

Move your body.

Given healthy food choices and regular movement, making peace with the body weight that results from those habits.

Develop loyalty and respect for your body.

Don't postpone living until you reach your goal.



Let's set a S.M.A.R.T. goal:



Specific



Measurable



Action-oriented



Realistic



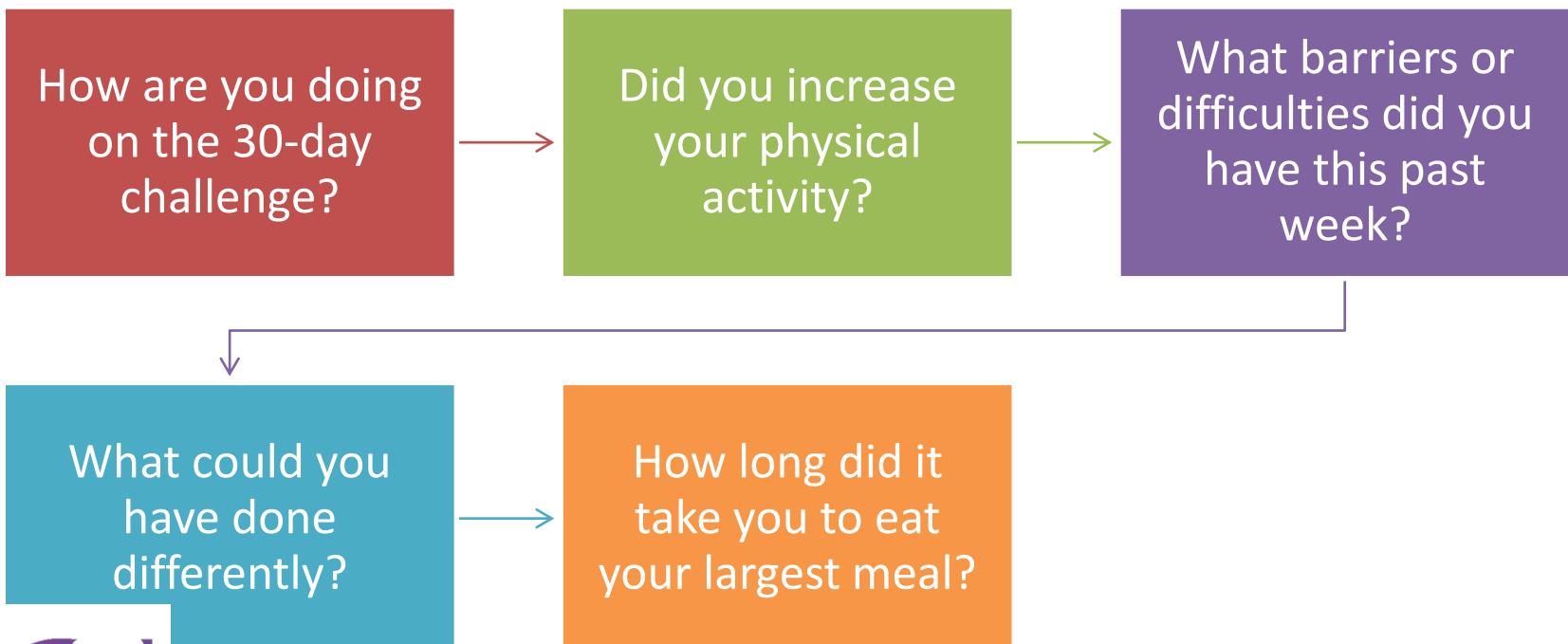
Time-based



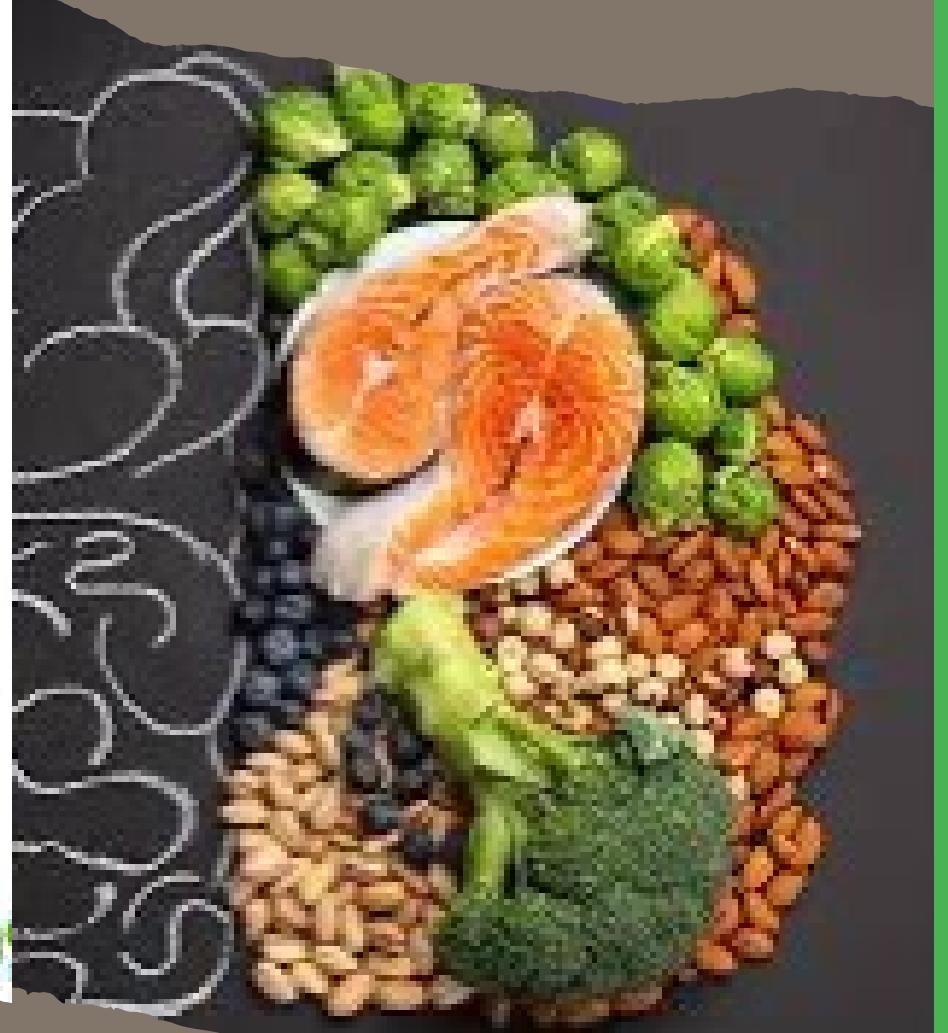
Ex: "I will reduce cola drinks from 5 to 1 a week."



Monitor changes



MINDFUL EATING



*Don't forget to show
appreciation to what is achieved*

Thank you

