Intuitive Eating.

Listening to and Respecting your Body

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Presentation Outline

1. Deconstruct the diet mentality
2. Discuss the principles of intuitive eating
3. Provide guidance on how to get started right now
Introduction

- This is hard, food and body image bring up lots of emotions
- It may challenge some of your assumptions
- You may feel some discomfort or you may feel excited!
Why This Is Important to Us
Are you an Intuitive Eater?
Question 1: I try to avoid foods high in fat, carbs or calories

☐ Yes
☐ No
Question 2: I have forbidden foods that I don’t allow myself to eat and I get mad when I allow myself to eat something unhealthy

☐ Yes
☐ No
Question 3: I have difficulty finding ways to cope with stress and anxiety, other than by eating

- Yes
- No
Question 4:

I trust by body to tell me how much to eat and when to stop eating.

- Yes
- No
What is the diet mentality?

DIET MENTALITY:
The annoying voice that pops in your head when your stomach growls, and is like, "Ugh, WHY?" instead of kindly asking, "What's on the menu?"

@RDRealTalk
There is another way....
Intuitive Eating: An Overview

TRUST YOURSELF

Use your internal hunger and satiety cues to guide (most of) your decisions about when to begin and stop eating.

MINDFUL EATING

Engage all of the senses when eating – sight, touch, taste. Be present.

NO RESTRICTIONS

Give yourself permission to use your internal wisdom for food selection and preparation.
LOVE YOUR BODY!
1. **REJECT THE DIET MENTALITY**

You do not need to be on a diet or lose weight to be healthy. Next best diet not “around the corner”

2. **HONOR YOUR HUNGER**

If you start eating past the point of hunger, you are more likely to be compelled to overeat

3. **MAKE PEACE WITH FOOD**

Give yourself unconditional permission to eat. Can reduce cravings and binge cycles
10 Principles of Intuitive Eating

4. CHALLENGE THE FOOD POLICE
Eliminate unnecessary food rules. You may be your biggest inner critic.

5. RESPECT YOUR FULLNESS
What does pleasantly full feel like for you?
Pause during meals to assess fullness levels.

6. DISCOVER THE SATISFACTION FACTOR
Are you able to savor and enjoy the meals that you are eating?

7. HONOR YOUR FEELINGS WITHOUT USING FOOD
Are you really hungry or is there another emotion that needs to be expressed?
10 Principles of Intuitive Eating

8. RESPECT YOUR BODY
A person with a size 8 shoe wouldn’t expect to squeeze into a size 5, same with body size.

9. EXERCISE - FEEL THE DIFFERENCE
Move in a way that will make you feel energized, not depleted.

10. HONOR YOUR HEALTH
Eat foods that will nourish your body and promote good health and wellbeing.
Cons of a diet mentality

- Weight cycling connected to adverse health.
- Its predominant focus on weight may also foster stigma in health care and society, and data show that weight stigma is also linked to adverse health and well-being.
- Increased anxiety and lower self-esteem
- Negative focus
- Limited time for cultivating other parts of self
- Can escalate to disordered eating
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- Weight cycling connected to **adverse health**.
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Pros of intuitive eating mentality

- Decrease in total and LDL **cholesterol**
- Improvement in **blood pressure**
- Focus on **physical activity** as a pleasure led to increased exercise
- Positive effects on **eating behaviors**, reduced binge eating
- Improvements in well being, **self acceptance** and QOL
- Decreased **anxiety and depression**
Limitations

- It can be stressful to engage with society and health system that holds the diet mentality
  - Navigating a doctor’s office (when weight loss is the only advice)
  - “Actually I’m much more interested in pursuing a Health at Every Size approach to my overall wellbeing. Can we focus on long term healthful behaviors rather than a quick fix weight loss which has a 95% chance of not working anyway? If a thin patient came in with this same complaint, what would you advise them?” - Megan Jayne Crabbe, Body Positive Activist

- Cultural Limitations
- SES limitations
- Limited representation
Mindful Eating Exercise
The Hunger Scale

1. Starving and feeling weak/dizzy.
2. Very hungry, irritable, low energy, large amounts of stomach growling.
3. Pretty hungry, stomach is beginning to growl.
4. Beginning to feel hungry.
5. Satisfied, neither hungry nor full.
6. Slightly full/pleasantly full.
7. Slightly uncomfortable.
10. So full you feel sick.
Practice Intuitive Eating at one Meal Today!
Resources

Intuitive Eating by: Evelyn Tribole, M.S., R.D & Elyse Resch, M.S., R.D., F.A.D.A.

Body Kindness by: Rebecca Scritchfield, RDN

Health at Every Size by: Linda Bacon, PhD

Food Psych Podcast by: Christy Harrison, RD
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