

Coffee with the Coach: Intuitive Eating

UNC Wellness Centers
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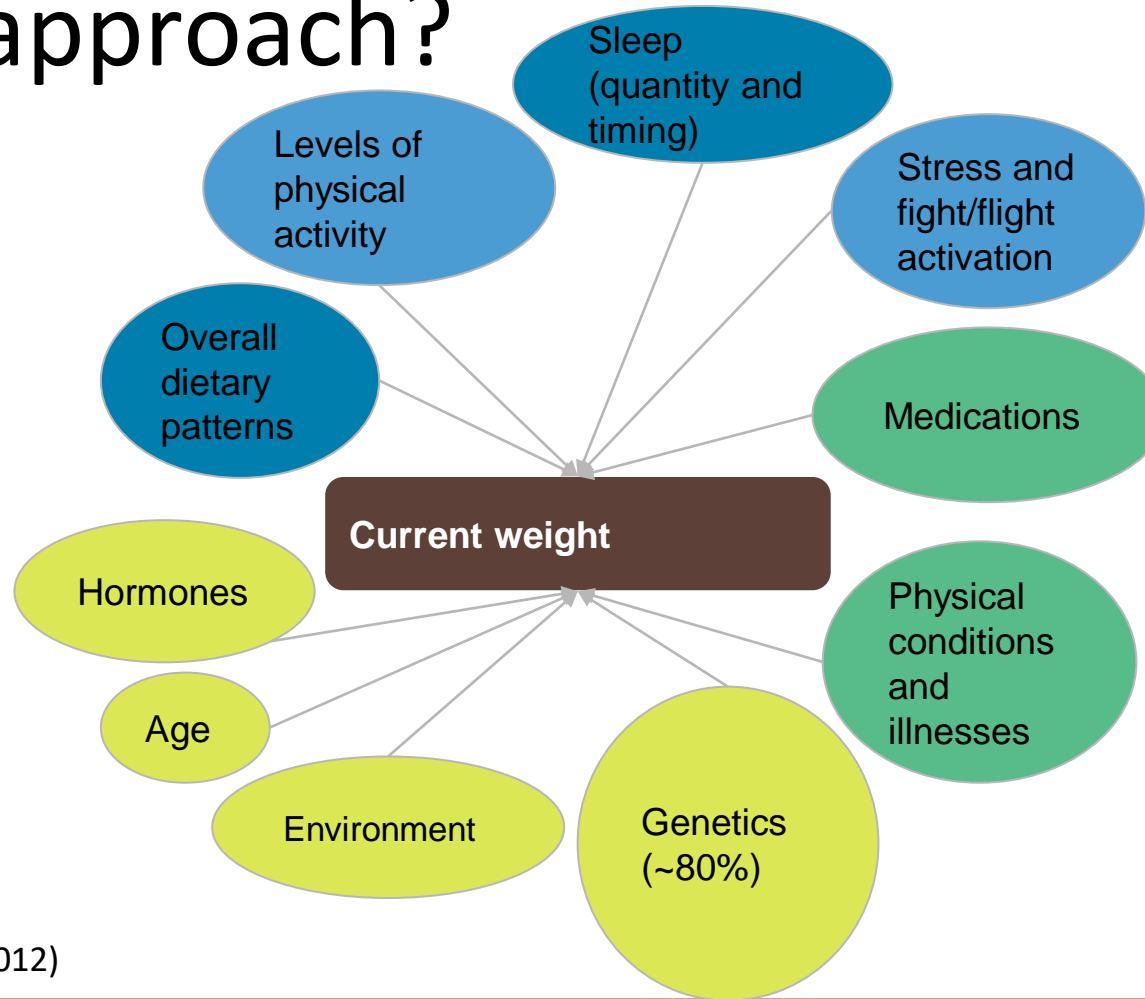
WELLNESS CENTERS

Three Oaks Behavioral Health & Wellness



Why a non-diet approach?

- Diets don't create sustained weight change for most people (80-95% of people regain the weight)
- Most predictable outcome = weight regain/gain
- Health behaviors (blue circles) can improve health regardless of weight/weight change



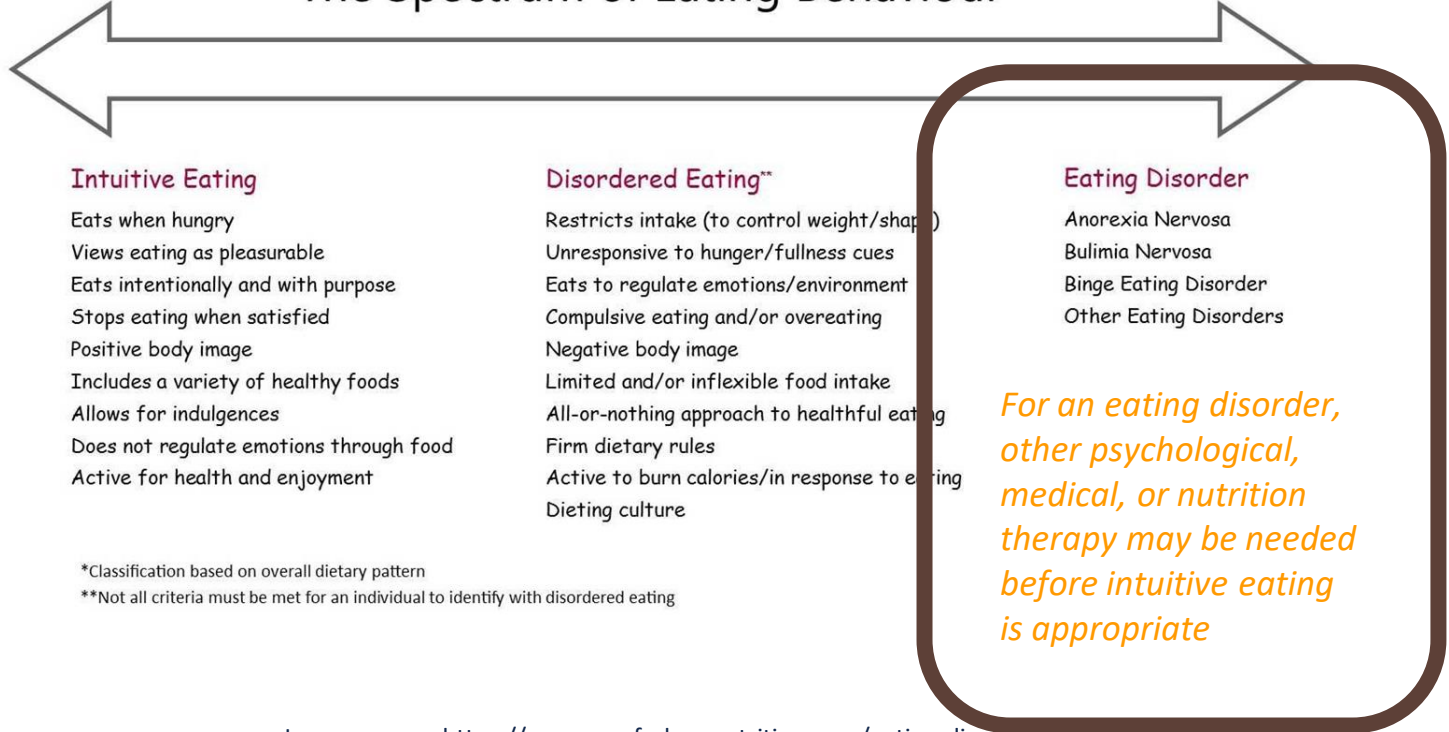
How Has Dieting Interfered with Your Life?

Directions: This list includes consequences that result from dieting. (Note, this list is not all-inclusive.) Check all that apply to you.

Physical	Social	Psychological	Behavior
<i>Do you have signs of ?</i>	<i>When people are present do you__?</i>	<i>Do you have moods or thoughts of ?</i>	<i>Do you engage this behavior_?</i>
<input type="checkbox"/> Weight Gain <input type="checkbox"/> Blunted metabolism <input type="checkbox"/> Cravings for Carbs <input type="checkbox"/> Blood Sugar Swings <input type="checkbox"/> Disconnected from hunger cues? <input type="checkbox"/> Disconnected from satiety cues? <input type="checkbox"/> Chronically tired, even when sleeping well. <input type="checkbox"/> Hair falling out, more than usual. <input type="checkbox"/> If female: missed or inconsistent menses. <input type="checkbox"/> Do you feel numb, physically? <input type="checkbox"/> Other _____	<input type="checkbox"/> I eat differently. <input type="checkbox"/> I compare my food to what others are eating, such as -Quantity -Type of Food <input type="checkbox"/> I worry about what people think about my eating. <input type="checkbox"/> I worry about what people think about my body. <input type="checkbox"/> I try to eat the same type and quantity of food that others are eating. <input type="checkbox"/> I cancel social events because of the food or meals served. <input type="checkbox"/> I avoid eating. <input type="checkbox"/> My behavior and beliefs about my eating and body have interfered with relationships. <input type="checkbox"/> Other _____	<input type="checkbox"/> I worry about my eating. <input type="checkbox"/> I have strict rules about eating. <input type="checkbox"/> I count: calories, carbs, or other. <input type="checkbox"/> Good versus Bad Food Thinking <input type="checkbox"/> I feel guilty if I eat a 'bad' food. <input type="checkbox"/> I have mood swings. <input type="checkbox"/> I am afraid of feeling hungry. <input type="checkbox"/> I am afraid of feeling too full. <input type="checkbox"/> I don't trust my body. <input type="checkbox"/> I am afraid that if I start eating 'forbidden' foods, I won't stop eating. <input type="checkbox"/> Fantasize About Food <input type="checkbox"/> I am pre-occupied by thoughts of what I eat and don't eat. <input type="checkbox"/> Other _____	<input type="checkbox"/> If I break a food rule, I eat even more of it. <input type="checkbox"/> If I eat too much, I make up for it by skipping a meal or eating less food, even if I am hungry. <input type="checkbox"/> I eat more food when I'm feeling stressed. <input type="checkbox"/> Exercise only to burn calories or lose weight. <input type="checkbox"/> Talk a lot about dieting, weight, and food? <input type="checkbox"/> When I'm on vacation I ignore my food rules and eat whatever I want, no matter how full I feel. <input type="checkbox"/> Binge eating. <input type="checkbox"/> I avoid physical intimacy. <input type="checkbox"/> Other _____

Who is this approach for?

The Spectrum of Eating Behaviour*

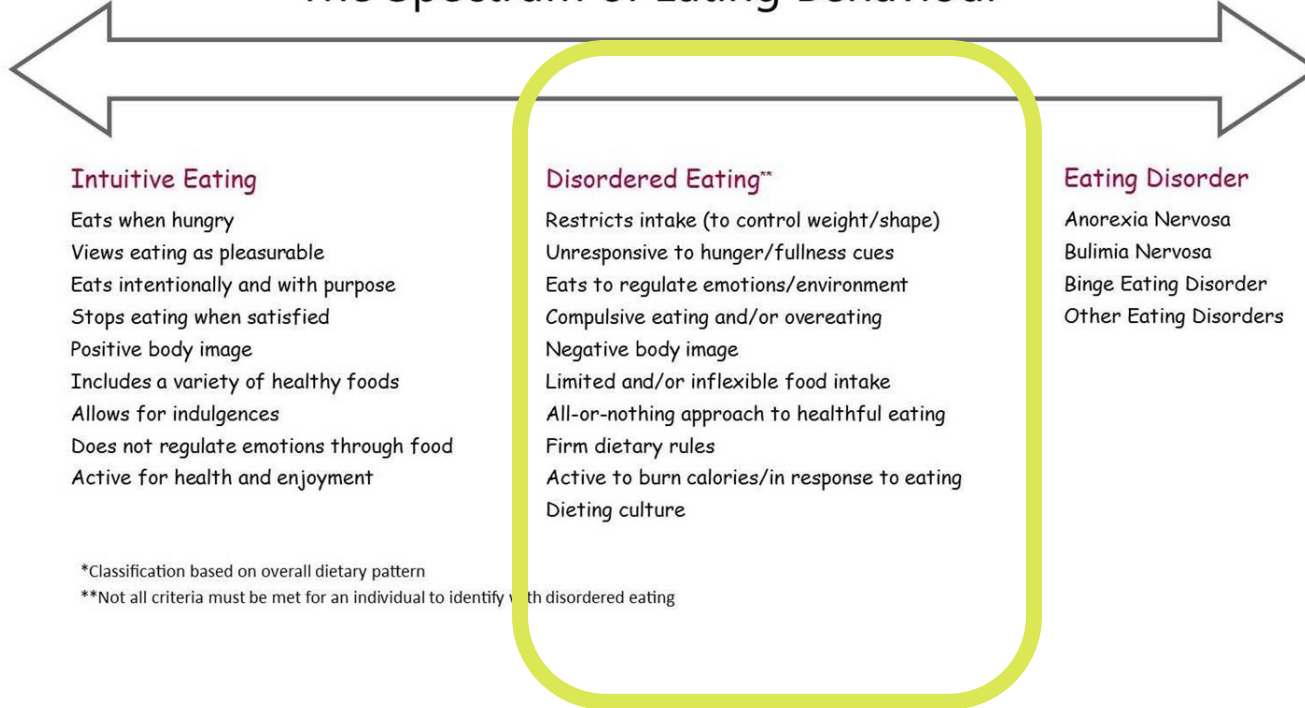


*Classification based on overall dietary pattern

**Not all criteria must be met for an individual to identify with disordered eating

Who is this approach for?

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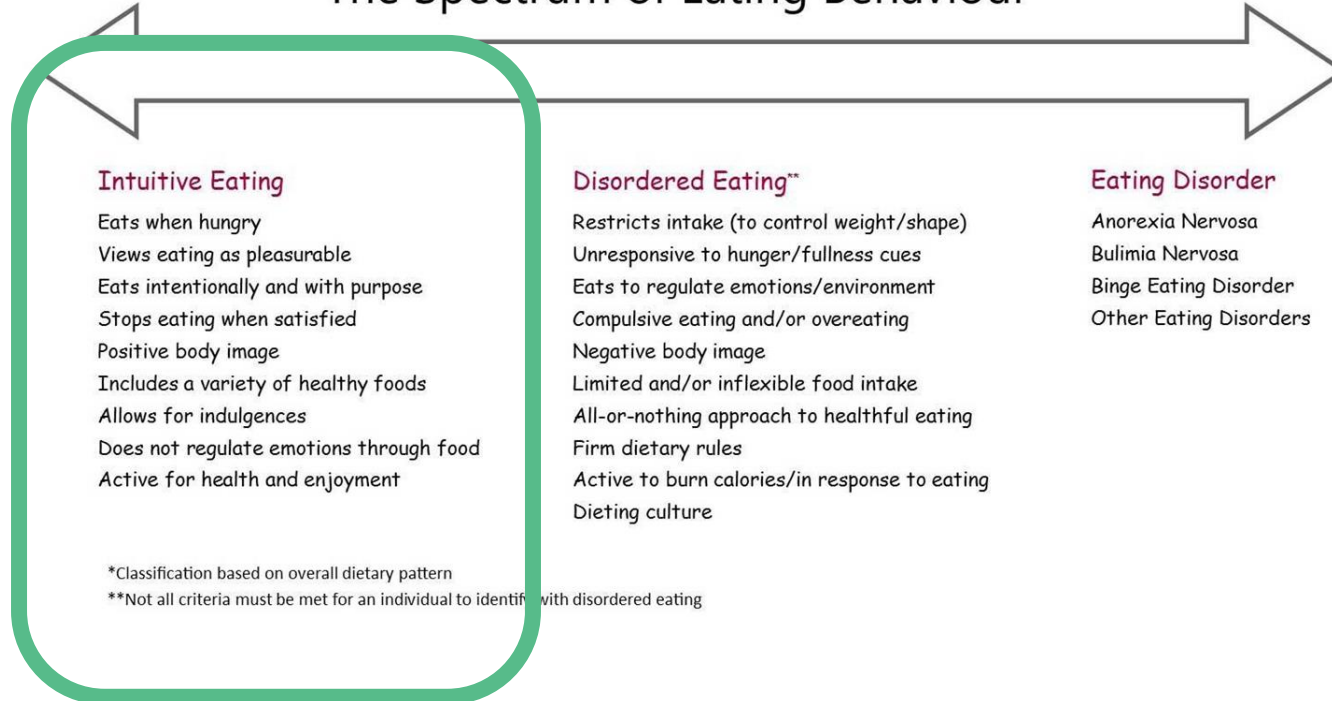


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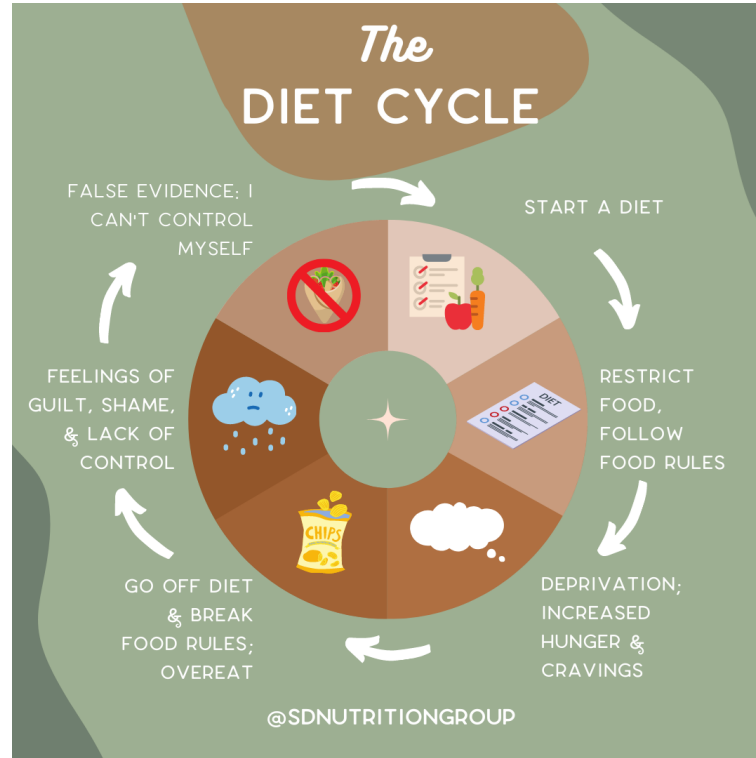
**Not all criteria must be met for an individual to identify with disordered eating

Goal of intuitive eating:

The Spectrum of Eating Behaviour*



Exiting the diet-and-overeat cycle



How do we exit the diet cycle?

10 Intuitive Eating Principles:

1. Reject the Diet Mentality
2. Honor Your Hunger
3. Make Peace with Food
4. Challenge the Food Police
5. Discover the Satisfaction Factor
6. Feel Your Fullness
7. Cope with Your Emotions with Kindness
8. Respect Your Body
9. Movement—Feel the Difference
10. Honor Your Health—Gentle Nutrition

Changing our relationship to movement (#9)

Diet approach	Non-diet approach
<ul style="list-style-type: none">-work to burn calories/compensate for food/create a “deficit”-feel bad if missed-often all or nothing; exercising a lot or not at all	<ul style="list-style-type: none">-I focus on how movement makes me feel-I do it because I get benefits like stress relief and energy-I do what is fun/enjoyable to me

Steps towards intuitive eating (#1-6)

- Eat at regular intervals
 - 3 evenly spaced meals
 - 2-3 snacks between (as needed for hunger)
 - Eating ~every 4 hours
- Notice hunger level when you start eating
- Notice fullness level when you stop eating
- Eventual goal: eat from medium hungry to medium full
- Initial goal: notice -without judgment- your current patterns and what is happening when you DON'T listen to moderate hunger or fullness



Image source: graciouslynourished.com

Working with Trigger Foods (#3)

- Habituation aka making trigger foods neutral
- Eating foods that you overeat on purpose (instead of once in “what the heck mode”)
- Staying tuned in
- Repeating days in a row, trying again if you overdo it

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www.IntuitiveEating.org

Systematic Habituation: Make Peace with Food

There are many ways to “make peace with food”. But it goes smoother (less drama) if you follow a systematic process using the same food, same brand, and same flavor, before moving on. For example, if you wanted to make peace with ice cream, choose one flavor, such as rocky road, rather than buying a variety of new flavors. Varying the flavor (or even the brand) extends the period of excitement—it’s almost like starting anew with each flavor, even though it’s the same type of food.

The goal of unconditional permission to eat, is not to “burn-out” on the food, so that you’ll never eat it again (that is actually a form of deprivation). Rather, the objective is to remove the excitement of the forbidden fruit syndrome.

Prepare to Make the Best of Your Experience

✓ Choose a Specific food (same brand and flavor):

✓ Decide how and where you will eat the food:
 Home Out Other _____

✓ Decide when you plan to eat it:

✓ What do you need to feel safe? Consider self-care issues and stress:

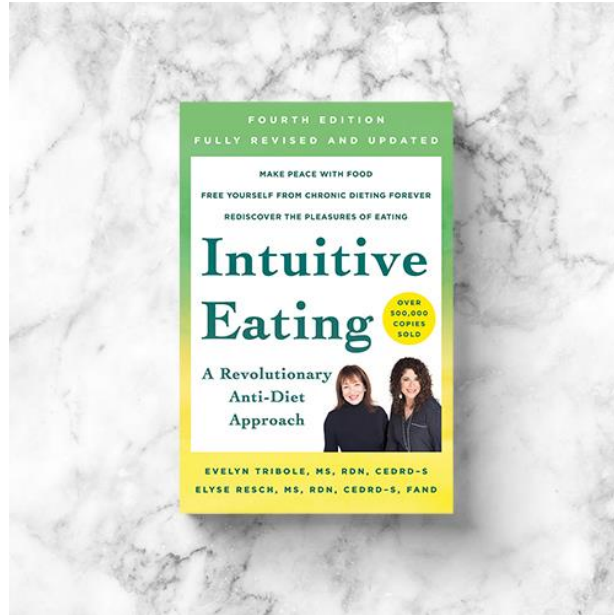
Check-in:

Before: Take note of how you feel before you (Excitement? Dread? Worry? Curiosity?)

During: How is the taste? Texture? Flavor? Is this taste and flavor meeting your expectations?

After: Any surprises? Overall, did the experience of eating this food meet your expectations? Would you do anything differently?

Source:



Tribole, E., & Resch, E. (2020). *Intuitive eating: A revolutionary anti-diet approach*. St. Martin's Essentials.

Resources

- Media
 - Books
 - Anti-diet by Christy Harrison
 - Health at Every Size by Lindo Bacon
 - The Body is not an Apology by Sonya Renee Taylor
 - Podcasts
 - Food Psych
 - Food Heaven
 - Maintenance Phase
 - Social media
 - #intuitiveeating
 - #antidiet
 - #healthateverysize



Questions?

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Three Oaks Behavioral Health & Wellness



For more information or to work with Sarah or another anti-diet counselor at Three oaks:

<https://www.threeoaksbehavioralhealth.com/contact/>

UNC wellness dieticians:

<https://www.rexhealth.com/rh/wellness-centers/services/nutrition-consultations/>

Sources

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Matheson, E. M., King, D. E., & Everett, C. J. (2012). Healthy lifestyle habits and mortality in overweight and obese individuals. *The Journal of the American Board of Family Medicine*, 25(1), 9-15.

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Tribole, E., & Resch, E. (2020). *Intuitive eating: A revolutionary anti-diet approach*. St. Martin's Essentials.

Note: Many research articles cited within the book

Link to studies on Intuitive Eating: <https://www.intuitiveeating.org/resources/studies/>

Image Sources / Blog Posts with info

- Disordered to intuitive eating
scale: <https://susanmacfarlanenutrition.com/eating-disorder-recovery/>
- The diet cycle: <https://www.sdnutritiongroup.com/sdngblog/thedietcycle>
- Hunger/fullness scale <https://graciouslynourished.com/intuitive-eating-hunger-scale/>