

## What Type Of Mentality Do You Have About Dieting?

### DIET MENTALITY

- Do I deserve it?
- If I eat a heavy food, I try to find a way to make up for it
- I feel guilty when I eat "bad" foods
- I describe eating foods as good or bad
- I view food as the enemy
- When I start a new diet I tend to binge before to get in my favorites one last time
- I view success by my willpower

### Non-DIET MENTALITY

- Am I hungry?
- Do I want it?
- Will I be deprived if I don't eat it?
- Will it be satisfying?
- Does it taste good?
- Is this feeding my body?
- Is this healing my body?
- I deserve to enjoy eating without guilt
- I trust myself and food
- I recognize my inner body cues
- I view success as honoring what my body is telling me and asking for

### Why Does Diet Mentality Not Work?

- Dieting is a form of short-term starvation.
- Dieting decreases your metabolic rate.
- Dieting increases your chances of gaining more weight than you lost.
- Dieting increases food cravings and binges.
- Dieting teaches your body to retain more fat, especially when chronic.
- Dieting increases your risk of premature death and heart disease.
- Dieting causes headaches, menstrual irregularities, fatigue, dry skin and hair loss.
- Dieting decreases your self-esteem and increases your risk for eating disorders.
- Dieting focuses on outside influences and prevents you from personal choice.

### Why Does Non-Diet Mentality Work?

- You're free to eat whatever you want, when you want, all while paying attention to your body and how certain foods make you feel.
- You trust your body enough to eat when you're hungry & stop when you're full.
- You are engaging in a process with ups and downs that results in FREEDOM.
- You become empowered about food choices.
- You focus on food satisfaction and pleasure.
- You connect & respect your body.
- You get to think and eat like a toddler.

## Intuitive Eating Principles

- Reject the diet mentality
- Honor your hunger
- Make peace with food
- Challenge the food police
- Feel your fullness
- Discover the satisfaction factor
- Cope with your emotions without food
- Respect your body
- Exercise-Feel the difference
- Honor your health with gentle nutrition

## The Intuitive Eating Plate



## Mindful Eating Techniques

- Slow down your eating so you can really taste your food.
  - Put fork down between bites
  - Engage in conversation
  - Use your non-dominant hand
- Determine what you really want to eat.
  - Sweet, Salty, Sour, Bitter
  - Texture
- Always put food on a plate or in a bowl.
- Use the **Hunger Gauge** to honor your hunger and feel your fullness.

