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## Intuitive Eating: Enjoy Your Food, Respect Your Body

Control Diabetes for Life  
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Debra E. Schroeder, M.S.  
University of Nebraska-Lincoln Extension Educator



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## Food Relationship



- Diabetes diagnosis brings feelings that one can no longer enjoy eating food
- Learn to celebrate food and its amazing ability to nourish you
- **There is no need to see food as your ENEMY**




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## Ending the Blame Game


- Hard to stick to a rigid plan
- Mourn the loss of certain foods you like
- **Don't BLAME yourself**
- Genes play a large role in the development of diabetes
- **You can LEARN how to manage your blood glucose and nourish yourself better**
- Let go of harmful beliefs

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## Science of Diabetes


- Insulin is a hormone responsible for guiding nutrients out of the blood stream into the cells
- Pancreas does not make sufficient insulin and/or cells are resistant
- Glucose remains in the blood stream leading to many of the complications



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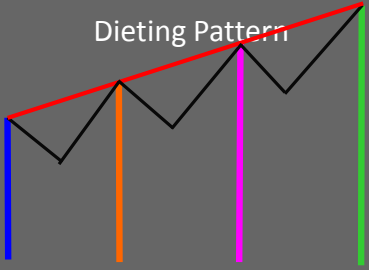

## Science of Diabetes

- Type 1 – high levels lead to weight loss as
  - Glucose exits in urine
  - Fat tissue is broken down for energy
- Type 2 – pancreas still makes some insulin
  - High levels lead to higher levels of insulin in blood stream
  - Promotes weight gain
    - Increased storage of glucose as fat
    - Interferes with signals to the brain related to fullness
    - Increases the pleasure derived from food



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## Dieting Pattern

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## Health at Every Size (HAES)

1. Size and self-acceptance
2. Joy of movement
3. Pleasure of eating well



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## Becoming an Intuitive Eater

- Feel betrayed by your body
- Can learn to read the signals of your body
- Shift away from external rules for when to eat
- Identify your physical hunger



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## Becoming an Intuitive Eater

- Check blood sugar level when you feel hungry
- Low – you are experiencing physical hunger
- High –
  - Trigger to eat may be coming from emotion
  - Insufficient insulin to move glucose into the cells
- High Blood Glucose
  - After intense exercise
  - Consequence of infection
  - Side effect of certain drugs



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## Becoming an Intuitive Eater

- High blood glucose gives you a chance to evaluate
- Experiment with different foods, combinations, and amounts
- **Food actually tastes better when you are HUNGRY**
- Carry a bag of food that you can eat when you are physically hungry
- Focus on foods packaged in one “carb” exchanges
- If you continue to turn to food for emotional reasons seek additional help



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## Choosing What to Eat

- Let go of “shoulds” and “shouldn’t” eat rules
- Focus on foods that will nourish your body
- Choose foods that you like that provide you with the nourishment that you need
- End feelings of deprivation
- Note how you feel before and after eating
- Match physical activity to food intake
- Payoff is the feeling of sustained energy



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## Hunger/Satiety Scale



Source: Karin Kristina, Moving Away from Diets

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## Hunger/Satiety Scale

0. Starving
1. Feel like ordering everything on the menu
2. Preoccupied with hunger, everything on the menu looks good
3. Feel hungry and the urge to eat is strong
4. Feel a little hungry. Can wait to eat



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## Hunger/Satiety Scale

5. Sense food in your belly, could eat more
6. Hunger is gone. If you stop here, you may not feel hungry for 3 to 4 hours.
7. Not uncomfortable, definitely full belly
8. Moving into uncomfortable
9. Very uncomfortable, maybe even painful



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## HONOR YOUR HUNGER AND FULLNESS

- ☺ Relax before and after meals
- ☺ Enjoy every bite
- ☺ Concentrate on the pleasure of eating
- ☺ Take leftovers home
- ☺ Say "Thanks, I've had enough."
- ☺ Say "No, thanks."



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## Take Time to Enjoy Eating

- When eating becomes a source of stress, we have lost one of life's great pleasures
- Stress caused by a hostile relationship with food leads to:
  - overeating,
  - unhealthy food choices
  - not enjoying food
  - Not digesting well



- Eating is a natural for stratifying hunger



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## Take Time to Enjoy Eating

- However in our food-abundant, diet-obsessed culture
- Eating often is mindless, consuming and guilt-inducing
- Stressed eating prevents our bodies from absorbing and using food properly
- Stress shuts down blood flow to the digestive tract
- Preserves more blood for the muscles' the "Flight or fight response".
- The solution to stress is mindful eating.



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## Practice Mindful Eating



## Eat Like a Connoisseur

- Slow down
- Tune into first few bites
- Do not multi-task while eating
- Brian will still seek satisfaction if you multitask while eating
- Mindful awareness of every aspect of the food itself is important!

• Spero, David, RN, Take Time to Enjoy Eating, Diabetes Self-Management, April 2016, pages 98 - 100.



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## Practice Mindful Eating

## Mindfulness

- Mindfulness comes from Buddhism
- Awareness of your body, your environment and what is happening
- Mindfulness increases your awareness of patterns without judgement
- Creates space between your triggers and your actions



• Sperto, David, RN, Take Time to Enjoy Eating. *Diabetes Self-Management*, April 2016, pages 98-100.



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## Practice Mindful Eating

- Savor the flavors
- Notice the feeling in your body
- An attitude of gratitude
- Focus
- Slow down



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## Barriers to Mindful Eating

- Eating publically makes it harder
- You don't have enough time to focus
- Food is of low quality or not tasty

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## Mindful Eating

## Mindful Eating

- Mindful eating is a spiritual practice
- A health practice
- Be more aware of your place in the world
- Digest and absorb food better
- Enjoy food more
- Be less tense
- Helps body to take on natural weight
- Practice and see what happens



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