Intuitive Eating: Enjoy Your Food, Respect Your Body

Control Diabetes for Life
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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

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

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


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


Dieting Pattern
Health at Every Size (HAES)

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

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


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

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

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

Hunger/Satiety Scale

Source: Karin Kratina, Moving Away from Diets
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

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

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.”
Stopping When Full

- When hungry, eat exactly what you are hungry for
- Pay attention to internal cues
- Keep in mind that if there is no physical hunger signal to start eating, there will be no internal signal to STOP.
- Hunger after eating may come from insulin-resistant cells
- May have to eat smaller meals more often
- Craving food after a meal may mean that food choices did not satisfy physical needs

Intuitive Eating

- Honor your internal clues
- Reclaim the pleasure in eating
- Stronger position to make decisions about your health
- Transition to a mentality of "Health at Every Size"
- Emphasis on wellness, will put you in charge of managing your diabetes
- It takes TIME and PRACTICE to develop the skills of intuitive eating

References

- Karin, Katrina, Moving from Diets, adapted for A New You by Wellness in the Rockies and University of Wyoming Cooperative Extension Service, Family and Consumer Sciences. IAFS Award 0004499, USDA. www.uwyo.edu/winterockies
- HEALTH AT EVERY SIZE, www.HAEscheme.org This site give visitors the opportunity to become part of a community committed to honoring HASE values and lists organizations, Web sites, blogs, books and other media that support HAES.
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