

## Stop Dieting and Start Living with Intuitive Eating

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### Rejuvenate and Renew

*Part V of the Stay Calm and Well Webinar Series*

Learn strategies to help you achieve an optimal level of well-being and live your best life!



*Partners: College of Nursing, Buckeye Wellness, YP4H, OSU Health Plan, Office of Human Resources, Employee Assistance Program and Office of Student Life*



# Skills Building - Week 4

- Identify one area within the *physical* domain to rejuvenate or renew one's vitality.
  - Body movement, nutrition, recovery
- Identify one area within the *emotional* domain to rejuvenate or renew one's vitality.
  - Gratitude, cultivating self-compassion
- Identify one area within the *mental* domain to rejuvenate or renew one's vitality.
  - Optimize a supportive inner voice
- Identify one area within the *spiritual* domain to rejuvenate or renew one's vitality.
  - Strategies to create a personal purpose statement



# Introduction and Objectives

- Describe Intuitive Eating
- Identify pros and cons of different diets
- Interpret the hunger scale and describe how it feels to be hungry vs. ravenous, and comfortable vs. uncomfortably full
- Identify your internal signals for hunger and fullness
- Assess current off limit foods and recognize the value of unconditional permission to eat
- Examine ways to improve your self-care
- Determine alternatives to food for handling emotions
- Identify resources for further learning



# What is Intuitive Eating? (Poll)

- *Intuitive Eating is a self-care eating framework, which integrates instinct, emotion/feelings, and rational thought*
  - 10 Principles (bold ones we will focus on)
    - **Reject 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 Using Food**
    - Respect Your Body
    - Move- Feel the Difference
    - Honor Your Health with Gentle Nutrition





# The Cornerstone of Intuitive Eating is Self-Care

- *Sleep*
- *Life Balance*
- *Nourishment*
- *Self-Nurturance*
- *Self-Compassion*

*"Curiosity, not judgement"*

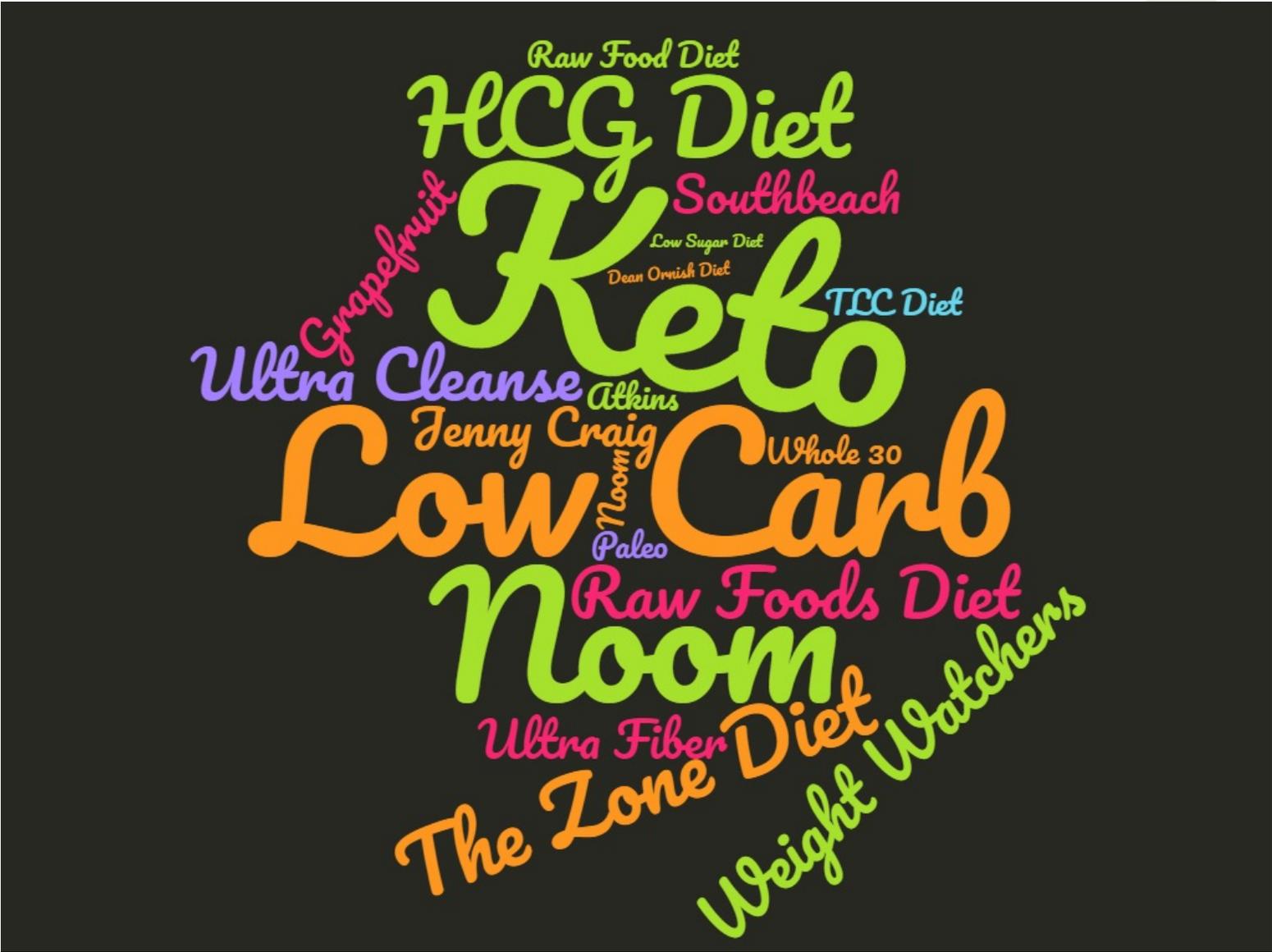




# Principle 1 – Reject Diet Mentality

- Poll Question

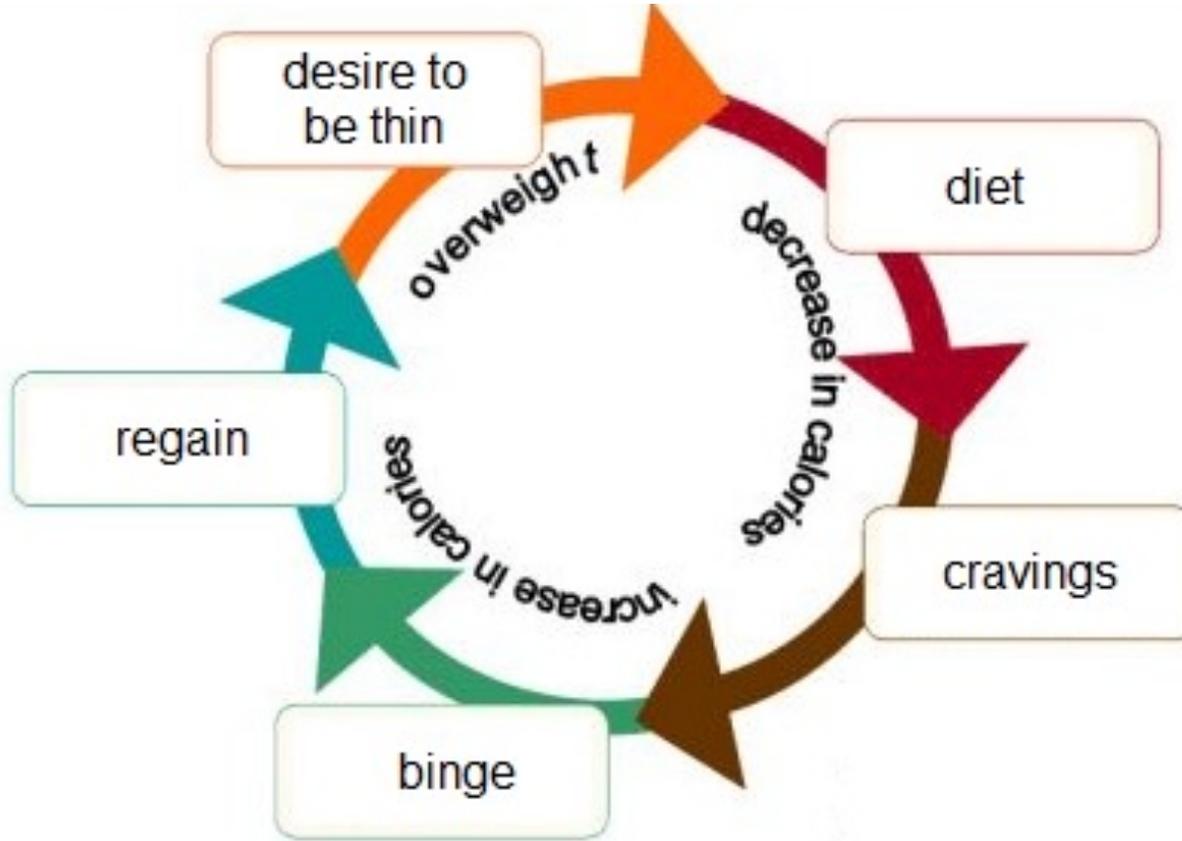






**All diets have  
some things in  
common...**

# The Endless Cycle of Dieting



*“Many people fear that if they stop dieting they will never stop eating, but the truth is that it’s the dieting that almost always causes the over eating”*





**How might dieting  
contribute to  
overeating?**

The Diet Industry is a \$72.7 billion dollar industry. Their goal is to make *you* feel like a failure, but in reality, the *diets* are the failure. **And if the diet was successful, how would the industry thrive?**



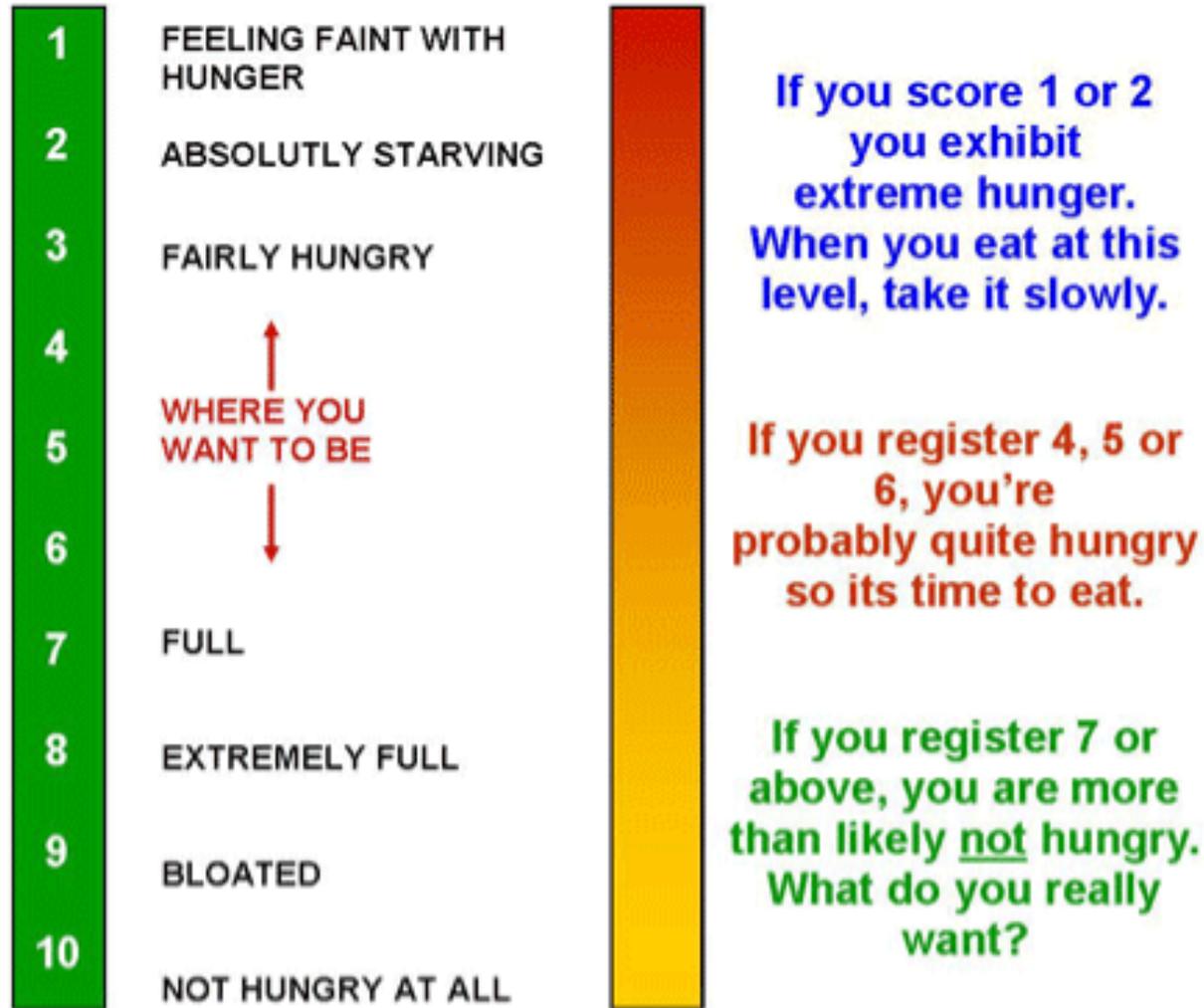
**Ask yourself:** If diets worked, would there be five new ones every year?!





# Principle 2- Honor Your Hunger

## Hunger Scale Chart





**What signs does  
your body give you  
that you are  
hungry?**



# Don't Get "Hangry"!



**Primal Hunger** happens when biological hunger is ignored, primal hunger takes over.





**What are some things you can do to prevent primal hunger?**





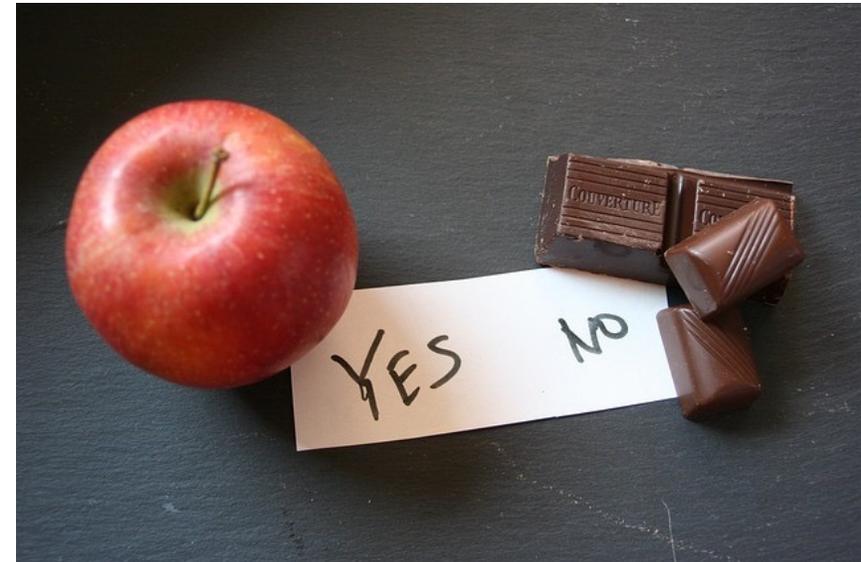
# Principle 3 – Make Peace with Food

*“In a random survey of 2075 adults 45% said they feel guilty after eating foods they like!”*



# Unconditional Permission to Eat

- When you have conditions around what you eat (ie: diets) you live in your head and second guess the needs of your body.
- Food restriction/limitation is actually what contributes to over consumption





**Do you have any  
off limits foods?  
Foods you limit?**

# “I eat whatever I feel”

what people think happens



what really happens



# Habituation

Explains what happens when you are **repeatedly exposed to the same stimulus**. It could be a sign on your drive home, a smell in your house, or a food. **The novelty of it begins to wear off.**



*“The more a person is exposed to a certain food, the less appealing it becomes”*





# Principle 7 – Cope With Emotions Without Using Food



**What are some emotions that evoke a desire within you to eat?**

# Are You Taking Care of *You*?

**Is your “emotional eating” actually related to a lack of self-care?** When you are lacking in self care, it’s hard to be attuned to your body’s needs and desires, or your body’s hunger and fullness cues.



# Are You Taking Care of *You*?

**Self-care, Nurturance and Compassion are integral to help deal with emotional ups and downs.**

- Self Care Basics: sleep, life balance, nourishment (food), water, comfort, warmth, relationships, creative stimulation
- Nurturance: Ask for hugs, read a book for pleasure, get a massage, meditate
- Compassion: “Come from a place of curiosity, not judgement”



- What do I feel now?
- What do I need now?



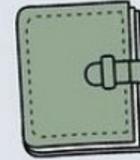
## What to do when you want to eat emotionally:



Take a bath



Call a friend



Journal



Play a fun  
playlist



Drink  
some tea



# Gentle Nutrition Also Plays a Role

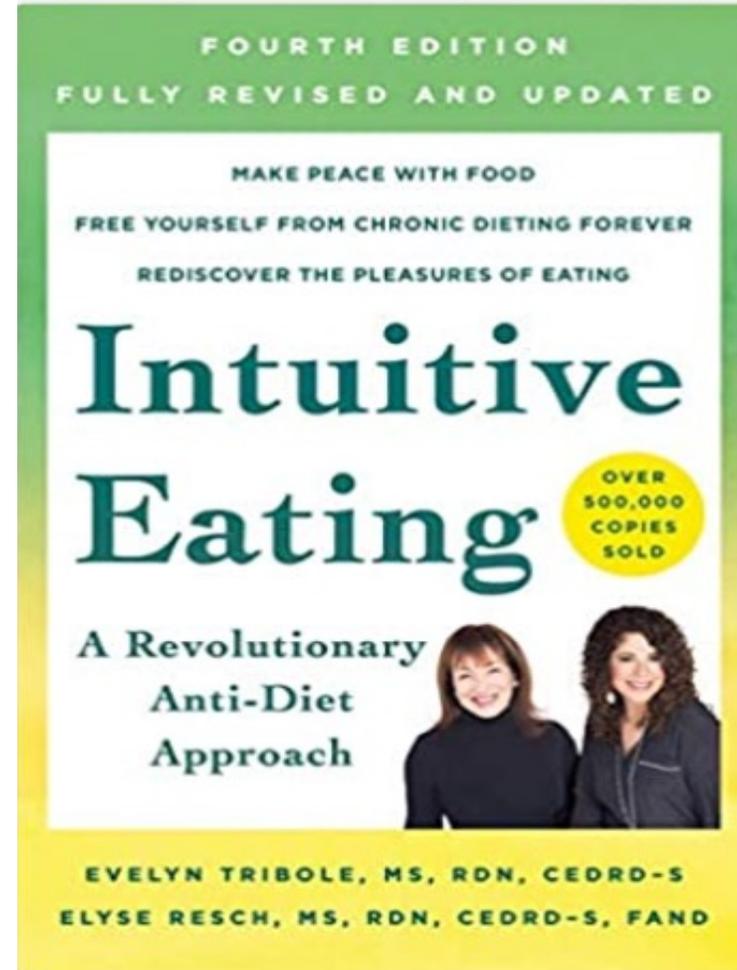
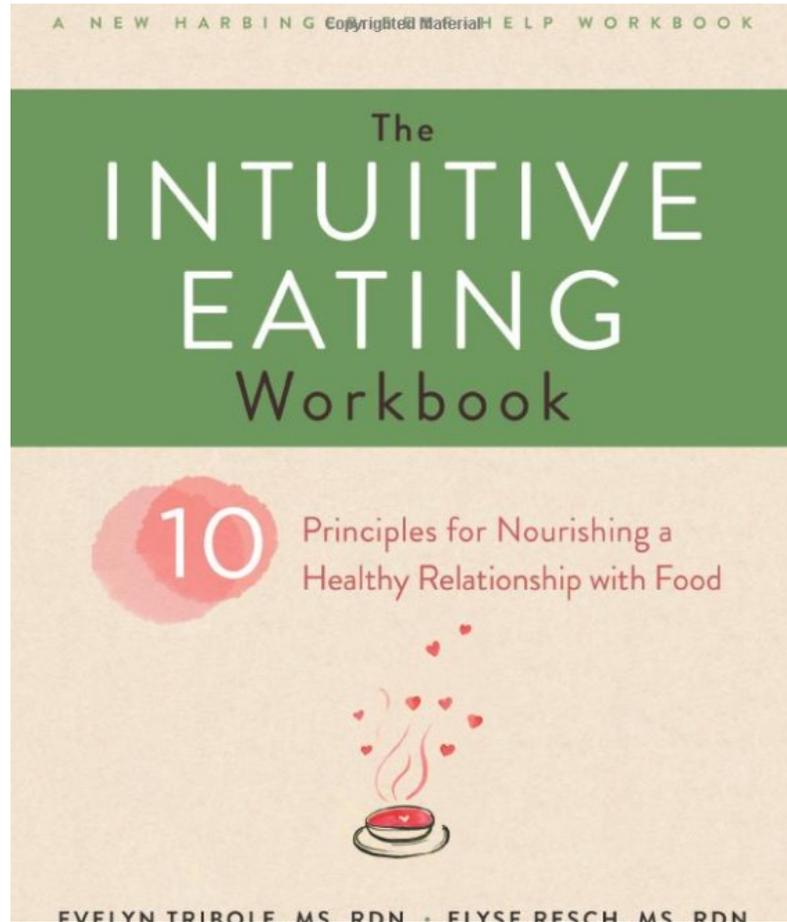
## Dietitians Dish Podcast

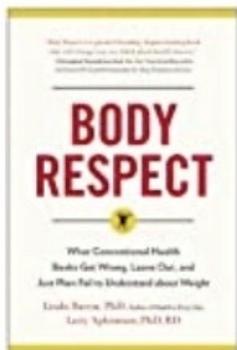
- Episode 105 → Interview with Elyse Resch
- When you are attuned to your body's needs, you will find yourself seeking more wholesome and nutritious foods





# Intuitive Eating is a Journey, Not a Destination



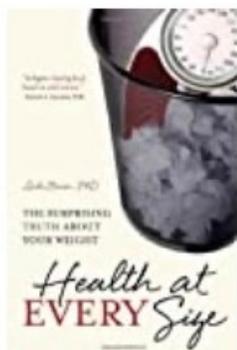


## Body Respect: What Conventional Health Books Get Wrong, Leave Ou...

by Linda Bacon

★★★★☆ 4.24 · 840 ratings · 2014

PREVIEW

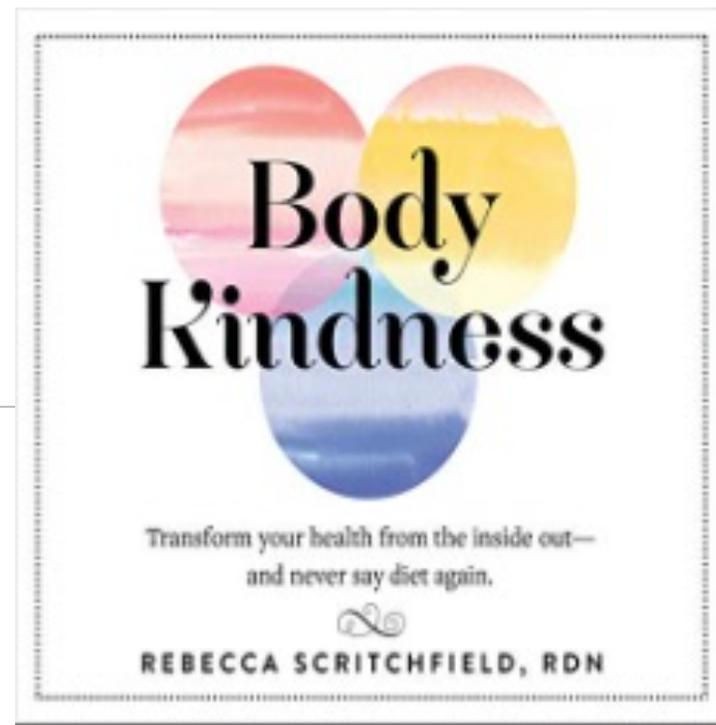


## Health at Every Size: The Surprising Truth About Your Weight

by Linda Bacon

★★★★☆ 4.25 · 2,884 ratings · 2008

PREVIEW





*Eating healthy isn't perfect,  
and perfect eating isn't  
healthy. Give yourself some  
grace, compassion, and  
come from a place of  
curiosity, not judgement.*



# Skills Building - Week 5

- Focus on Self-Care
  - Sleep, Nourishment, Nurturance, Self-Compassion
- Ditch Diet Culture
  - We are not robots. Your body knows what's best. Work on attunement and your body will lead you to the right foods and amounts.
- Honor Your Hunger
  - Eat when you are hungry, stop before you get too full. Aim for the sweet spot of a level 4 hunger and level 7 fullness.
- Give Yourself Unconditional Permission
  - Food restrictions are correlated with poor relationship with food, and weight gain. Ditch self-imposed or dieting rules, and give yourself permission to eat all foods.
- Deal with Emotions Without Using Food
  - Ask yourself “What do I feel now? What do I need now”?



# Thank You

Office of the Chief Wellness Officer and Buckeye Wellness

We appreciate your feedback!

Please complete a brief survey following this presentation.

**This survey will be sent via email to all registrants.**

**This and all future series recordings can be found at:**

**<https://u.osu.edu/rejuvenate/recorded-webinars/>**

**To receive YP4H points, 5 out of 6 surveys must be completed by 11.12.21**



# Join us next week!

November 3<sup>rd</sup>, 2021 12:30 – 1:00 pm EST

Motivation: Strategies to Embrace the Holidays and Flourish in Life's Unpredictable Moments

Amanda Fox, Health and Wellness Coach, The Ohio State University Health Plan



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# Questions?

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