



EAT, LIVE AND BE HEALTHY

Thoughts on Nutritional Self Care

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The Pitfalls of Dieting and Diet Culture

- Permanent weight loss a myth?
- Physiological Adaptations to Weight Loss
- Biggest Loser study
- What does BMI mean

Weight Neutral Self Care?

- Medical Bias exists
- This can lead to devastating outcomes
- We can treat many conditions outside of weight loss
- A growing segment of health care workers are trending towards mindful eating, exercise, stress management, etc. as a form of self care, rather as a method of weight loss.
- Weight Neutral means just that – Want to lose weight? We're here to help. Want to gain weight? We're here to help! Want to stop dieting? We're here to help! Want help preventing diabetes? We're here to help!

Wait – Self Care? Isn't That Promoting Obesity?

- Is she practicing self care or 'bettering herself?'
- What if she were thin? Would she be 'bettering herself' or practicing self care?



Self Care: Before We Eat

- What number are you on your priorities list?
- How's your sleep? Are you stressed (more on these later)?
- How do you address yourself?
 - Do you talk to your friends that way?
- Who are the Food Police in your life??
 - Fire them ASAP
- Gentleness
 - Ex: If scale number triggers you

Self-Care: Some Practical Components

- Nobody's business what is on your plate
- Never comment on another person's body or weight
 - Ex: You've lost weight! You look great (Illness, stress, etc)
- Boundaries
- Never compare your body to somebody else's!!
- A Bathing suit body is a body in a bathing suit
- Want a Beach Body? Take your body to the beach!
- When to seek help from therapist

0	Starving and beyond.
1	So hungry you would order everything on the menu; may feel light-headed and irritable.
2	Everything looks good; you may be very preoccupied with your hunger.
3	You are hungry and the urge to eat is strong. Stomach is growling.
4	A little hungry. You can wait to eat, but you know you will be getting hungrier soon.
5	Neutral. Not hungry; not full.
6	No longer hungry. You sense food in your belly, but you could definitely eat more.
7	Hunger is gone. Stop here, and you may not feel hungry again for 3 to 4 hours.
8	Not stuffed, but definitely have eaten a belly full.
9	Uncomfortably full; feel sluggish.
10	"Thanksgiving dinner full". Very uncomfortable, maybe even painfully so. Food coma.

Habits – Because HOW you eat matters!

- Eating Regularly?
- Eating slowly?
- Eating past fullness?
- Cleaning your plate?
- Eating while distracted?
- Grazing – great for deer and gazelle. But for people?
- Emotional eating?
 - Not a good stress reliever, neither is it pleasurable

Habits – Your Lifestyle Impacts Appetite

- Meal skipping
- Sugar-Sweetened beverages
- Eating Quickly
- “Clean Plate”
- Distracted Eating
- Stress Management – cortisol increases appetite, promotes fat storage
- Sleep cycle
- Medications – oh no!

Hunger/Satiety checklist

- Can you tell when you are getting hungry?
- "I'm rarely hungry"
- "I'm hungry all the time"
- Habits that interfere with hunger/satiety cues
 - Dieting causes a disconnect regarding hunger/satiety cues
 - Distracted eating
 - Fast eating
 - Childhood messages
 - Emotional eating

Can foods increase hunger?

Foods that make you hungrier

- Simple Carbohydrates
- Highly processed (caution – sometimes highly processed is the *safest* choice!
- High in HFCS/fructose
- Too high in fat

Foods that keep you fuller longer

- High Fiber Foods
- Foods that are high in protein
- Moderate amounts of fat

Life is Full of Distractions

Distracted eating impacts hunger/satiety hormones

- Distracted eating leads to overeating
 - Wait. What?
 - Satisfaction
 - Missed fullness cues
 - Even diminishes absorption of vitamins and minerals

Thought Experiment (Try this one at home):

- Chocolate – Take three candies such as a chocolate kiss, unwrap the first. Go ahead and smell it, even close your eyes for a moment. When you put the chocolate in your mouth, close your eyes and let it melt. Don't chew! Savor the flavor and texture. Sounds pretty good!
- Noise makers – Now try the same experiment in a different way. This time sure to be in a stressful situation, reach for the candy, pop one into your mouth as you leave the room to 'count to ten.' Now, as you hear the chaos continue, eat the others. Did you really taste them?

What do I really want to Eat, Anyway?

- "I'm hungry, but I don't know what I want ."
 - Do you snack while trying to decide what to snack on?
- How to decide?
 - Hot, cold, crunchy, creamy, salty, sweet
 - Are you really craving protein foods, carbs or fats?
 - How can I make suitable substitutions?
- If you want some chicken soup, should you eat steak?

The Wonderful Satisfaction of Cravings

- What makes it a craving
- When was the last time you had a craving and got exactly what you wanted to satisfy it?
- The problem with unsuitable substitutions
- Let's do a thought experiment!!!
- Enjoy cooking?
- Using the best ingredients
- Using the most suitable ingredients for a recipe

Comfort Food vs. Emotional Eating

- Did you have a rough week?
- Is a celebration in the works?
- Did a close friend experience a devastating loss?
- Are you missing your family and/or friends?
 - Then Comfort food May be in Order!!
- Is this eating experience unplanned?
 - Did an event trigger this eating experience?
 - If so, what can you do to change your reaction?
 - Would this experience give birth to guilt or shame?
 - Were you on a restriction?
 - Were you making unsuitable substitutions?
 - Time for another thought experiment!!!

Benefits of Exercise

- Exercise reduces insulin resistance in general.
 - Better sleep – lack of sleep promotes insulin resistance and hunger
 - Relieves stress – Elevated stress hormones promote insulin resistance and hunger
 - Increases your metabolism!
 - Increases muscle tissue and keeps bones strong
 - It elevates your mood
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- IT IS **NOT**: To earn a meal, or work off a meal, or punish yourself for something you ate.

Resources from Health Connections

- Individual Breastfeeding Support Counseling
- Individual Nutritional Counseling and Body Composition Measuring
- Living Well With Diabetes Class
- Parents-to-Be Class
- Safe (baby) Sitter Training
- Simple Changes NDPP program
- Smoking Cessation
- **And we have support groups!!** Hope to have all back up and running soon!
 - Bariatric
 - Better Breathers
 - Breastfeeding Moms
 - Grief
 - Parkinson's
 - Stroke Survivors

Resources for Self-Study

- Mindful Eating Programs and Training
 - <https://amihungry.com/>
 - <https://www.intuitiveeating.org/>
- Eat What You Love, Love What You Eat: A Mindful Eating Program to Break Your Eat-Repent-Repeat Cycle by Michelle May, MD and Megrette Fletcher, MS, CDE, RD
- Intuitive Eating: A Revolutionary Non-Diet Approach by Evelyn Tribole, MS, RD, and Elise Resch, MS, RD. Now in its fourth edition. Workbook is available, too
- Health at Every Size by Linda Bacon, PhD

Medications Associated with Weight Gain

Antidepressants (Elavil, Surmontil, Cymbalta, Celexa)

Anti psychotics/mood disorder (Abilify, Seroquel, Zyprexa, Risperdal)

Corticosteroids (prednisone, methylprednisone)

Hypertension Medications (lisinopril, hydrochlorothiazine)

Certain Hormones/birth control (depo-prevara, high-estrogen pill)

Certain Diabetes Medications (glyburide, glimepride, glipizide, insulin, pioglitazone, rosiglitazone)

Anticonvulsants (gabapentin, Depakote, pregabalin, lithium)