



Get in the Driver's Seat!

Tips to Control Eating Behaviors



Objectives

- Emotional Eating
- The Stress, Weight Gain Connection
- Eating Behaviors: Mindfulness
- Stopping Sugar Cravings
- Reading a Food Label
- The Secret to Serving Sizes
- Finding Motivation to Change



Emotional Eating: What is it?



- Eating for reasons other than hunger.
- Eating to feed a feeling, and not a growling stomach.
- Eating when you are not physically hungry.
- Eating triggered by an emotional reason or a social event.
- Turning to food for dealing with stress.



Emotional Eating: Why do we do it?

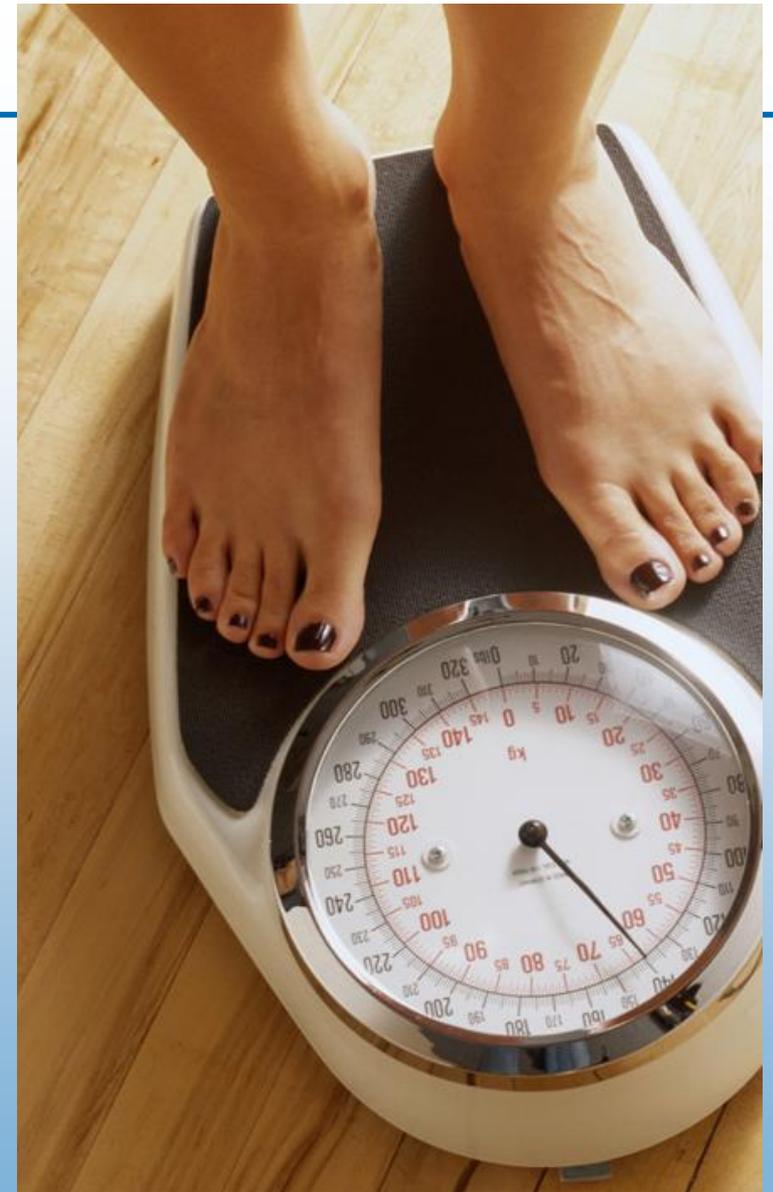
- Food has a calming effect.
- Many crave “comfort foods” (high in fat, simple carbs & sugar) when bored, sad or stressed.
- Consequences:
 - Feelings of guilt.
 - Sabotage weight management/ loss efforts.
 - Can lead to low energy levels and low self-esteem.
 - Health conditions such as high blood pressure, diabetes, high cholesterol.



75% of overeating is caused by emotions.

If you eat when you are not hungry, your body does not need the calories.

Extra calories are stored as FAT.



Stress can cause weight gain!

- Chronic stress can be tied to an *increase* in appetite because of elevated levels of cortisol.
- Cortisol makes the body crave high carbohydrate foods.
- High levels of sugar and insulin cause the body to store fat (typically in the abdominal region).



Overcoming Emotional Eating

- When you feel overwhelmed, put off the desire to eat by doing another enjoyable activity.
 - Try taking a walk, calling a friend, cleaning, taking a nap, or something productive to take your mind off the craving.
- When you do get the urge to eat when you're not hungry, drink water, or find a food that's healthy.
- The key is moderation, not elimination.
- Try dividing comfort foods into smaller portions.
 - Example: if you have a large bag of chips, divide it into smaller containers and the temptation to eat more than one serving can be avoided.



Overcoming Emotional Eating

- Recognize emotional eating and learn what triggers this behavior in you.
- Get in touch with your body and your hunger.
- Be MINDFUL!
- Use positive self talk.
- Stop! Rate your hunger on a scale of 0-10.
- Make a list of things to do instead.
- Learn how to control emotional eating.
- Think moderation.
- Take it one day at a time- one mistake does not end your success.



Eating Behaviors: Be Mindful

Mindful eating means being completely engaged when you eat. It takes the body 20 minutes to receive signals from the brain that we're full. Slow down!

- Turn off the TV or computer
- Eat at a table
- Make eating an enjoyable experience
- Put your fork down between bites
- Chew your food thoroughly
- Assess hunger at the half-way point through your meal
- When eating out – ask for ½ dinner to be boxed up
- Research shows that eating **less** during the day is healthier



- **Skip artificial sweeteners.**
 - **Reach for fruit.** You'll get fiber and nutrients along with some sweetness.
 - **Eat regularly.** Every four hours, or so.
 - **Get up and go.** Take a walk.
 - **Slow down.** Plan and eat what you intend to, instead of eating when you're desperate.
 - **Mix it up.** You may need more than one strategy. Figure out what works for you.
 - **Go easy on yourself.** Change takes time.
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Healthy Strategies

- Incorporate high quality foods at every meal.
- Eat nutrient dense foods and reduce or eliminate foods with little nutritional value.
- Eat 5 or 6 small meals per day.
- Add protein to every meal and snack.
- Read labels –the fewer ingredients, the better
- Water is vital to our body. Drink $\frac{1}{2}$ your weight in ounces of water per day.
(150 lbs. = 75 oz or nine 8 oz glasses per day)
- Take vitamin supplements, if necessary.



Food Label

1 Serving Size

2 Amount of Calories

3 Limit these Nutrients

4 Get Enough of these Nutrients

5 Percent (%) Daily Value

6 Footnote with Daily Values (DVs)

Nutrition Facts
 Serving Size 1 cup (228g)
 Servings Per Container about 2

Amount Per Serving
Calories 250 Calories From Fat 110

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
<i>Trans</i> Fat	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Proteins 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on you calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Nutrition Facts title: Look for this! It signals the food label.

- 1. Serving Size:** Pay attention to the serving size and how many servings are in the package. Ask yourself, “How many servings am I consuming?” Make sure you measure your food accordingly!



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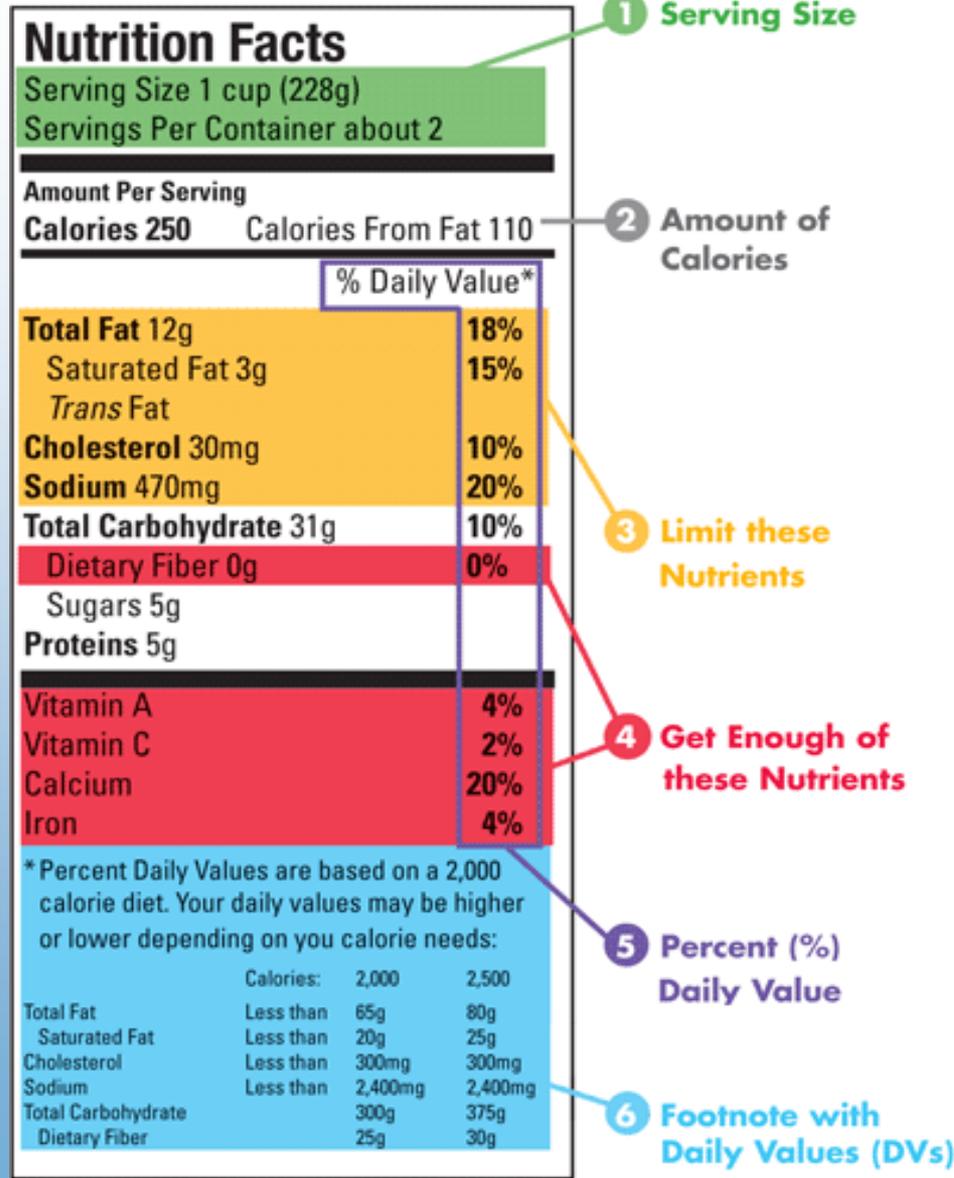
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2. Amount of Calories: This number is the amount of calories PER serving! Count your calories and know your calorie range. Minimum recommendation for females is 1,200 calories/day and males is 1,500 calories/day. Make sure you are not eating more than you are burning in a day.



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Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

- 3. Limit these Nutrients:** Make sure it's below 5% of Daily Value. Keep it as low as possible!
- 4. Get Enough of these Nutrients:** Make sure this is at least 20% of Daily Value.



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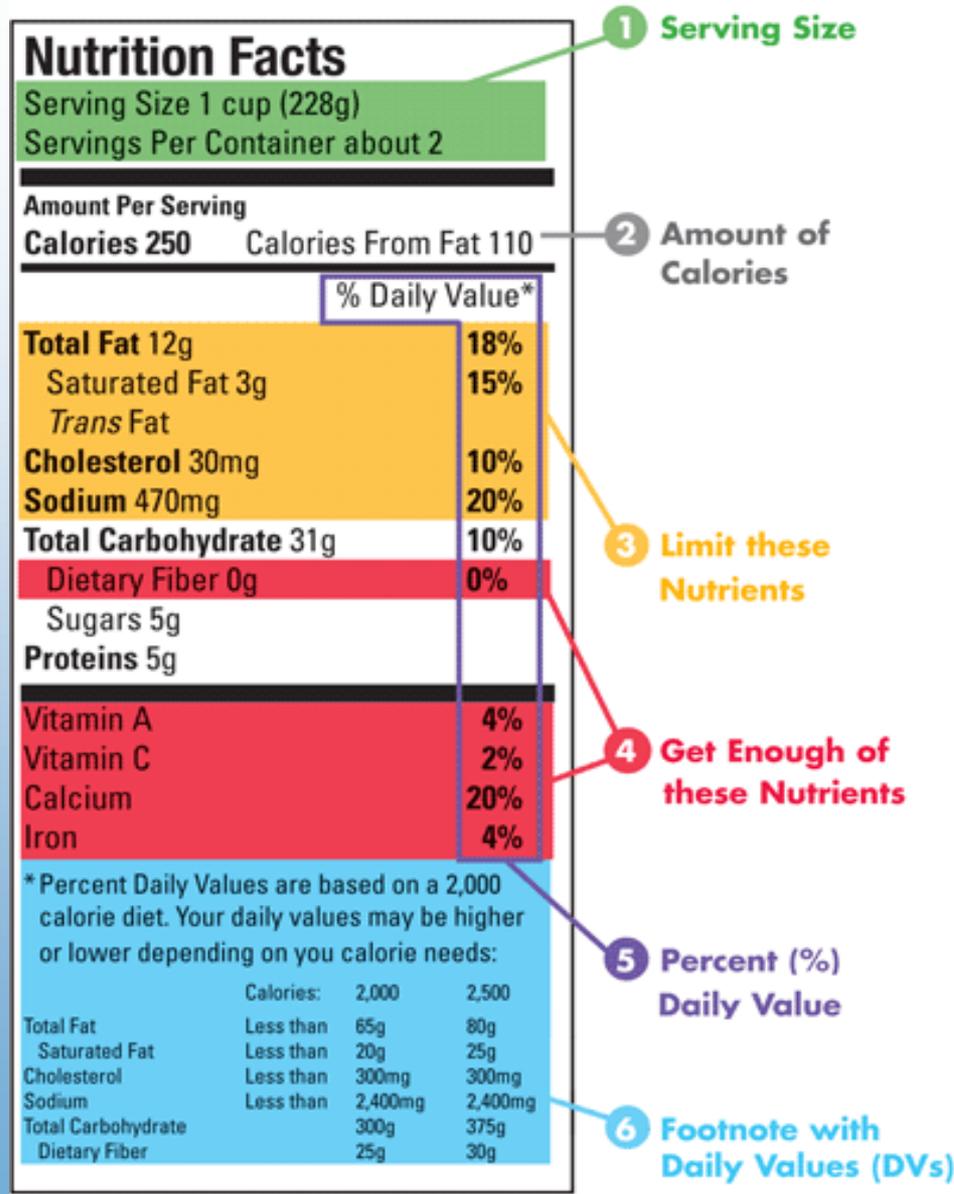
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6 Footnote with Daily Values (DVs)

5. Percent (%) Daily Value:
The % daily value is based on a 2,000 calorie diet. Use this as a frame of reference (whether you consume more or less). 5% DV or less is low, and 20% DV or more is high for most nutrients.



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6. Footnotes with Daily Values (DVs): This lists the % DVs based on a 2,000 and 2,500 calorie diet. The daily recommended nutrients are also listed here. Remember, if you are eating less than 2,000 calories, you need less fat, cholesterol, and sodium than the amounts listed .

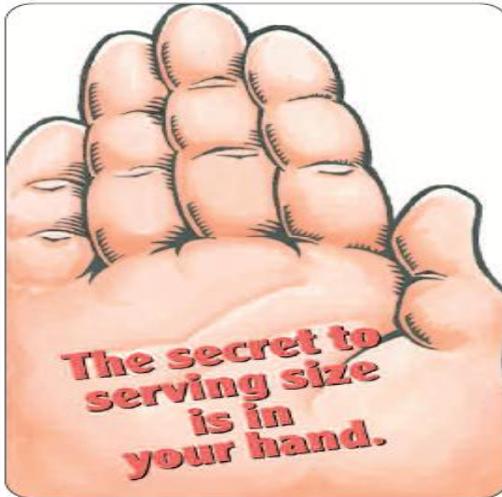


Food label tips

- Remember to check the serving size!
- Calories per serving/calories from fat
- Total carbs, dietary fiber, and sugar grams
- How many ingredients does it contain?
- What are the first 5 ingredients?
- The fewer ingredients, the better!

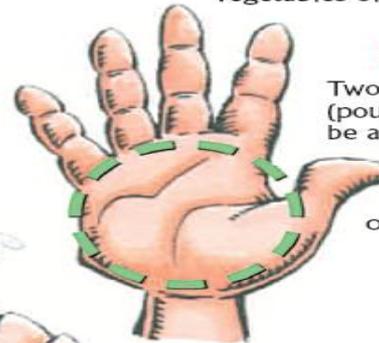


THE SECRET TO SERVING SIZE IS IN YOUR HAND



A fist or cupped hand = 1 cup

1 serving = 1/2 cup cereal, cooked pasta or rice
or 1 cup of raw, leafy green vegetables
or 1/2 cup of cooked or raw, chopped vegetables or fruit



Palm = 3 oz. of meat

Two servings, or 6 oz., of lean meat (poultry, fish, shellfish, beef) should be a part of a daily diet. Measure the right amount with your palm. One palm size portion equals 3 oz., or one serving.

A thumb = 1 oz. of cheese

Consuming low-fat cheese is a good way to help you meet the required servings from the milk, yogurt and cheese group. 1 1/2 - 2 oz. of low-fat cheese counts as 1 of the 2-3 daily recommended servings.



Thumb tip = 1 teaspoon

Keep high-fat foods, such as peanut butter and mayonnaise, at a minimum by measuring the serving with your thumb. One teaspoon is equal to the end of your thumb, from the knuckle up.



Three teaspoons equals 1 tablespoon.



Handful = 1-2 oz. of snack food

Snacking can add up. Remember, 1 handful equals 1 oz. of nuts and small candies. For chips and pretzels, 2 handfuls equals 1 oz.



1 tennis ball = 1 serving of fruit

Healthy diets include 2-4 servings of fruit a day.

Because hand sizes vary, compare your fist size to an actual measuring cup.

Building Motivation to Change

- Examine the pros and cons of change.
- Boost self-efficacy (the confidence in one's ability to take action).
 - Visualization and self-talk
 - Role models and buddies
- Identifying barriers to change and finding solutions.

“Whether you think you can, or think you can't, you're right.”

~Henry Ford



Create a Behavior Change Plan

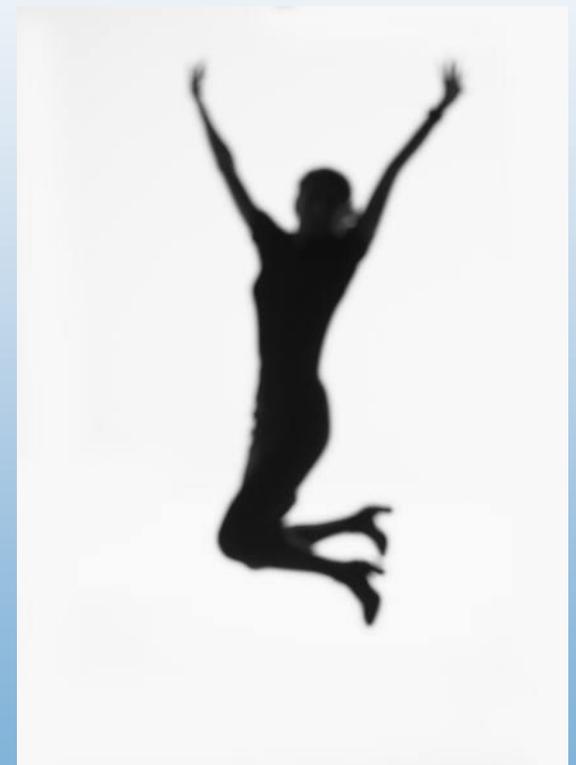
1. Monitor your target behavior and gather data using a health journal. www.sparkpeople.com
2. Set SMART goals. Break your overall goal into smaller steps.
3. Devise a strategy or plan of action:
 - Modify your environment
 - Reward yourself
 - Involve the people around you
 - Plan ahead for challenging situations
4. Make a personal contract.



Putting Your Plan into Action

The healthy choice should be the EASY choice.

- Commitment
- Use strategies from your behavior change plan
- Believe that you are the “boss”
- Think moderation!
- Change-friendly environment
- Support
- Rewards
- Congratulate yourself



Tips for Success

- Open yourself up to a new journey – you are not alone.
- Get in touch with your body and hunger.
- Take it one day at a time.
- Plan your meals and snacks.
- Shop from the perimeter of the grocery store first.
- Limit processed foods.
- If you eat out, research the restaurant.
- Drink plenty of water through out the day.
- Move more, every day –goal 30 minutes minimum.
- Strength train and build muscle for metabolism.
- Get at least 7 hours of quality sleep.





Have you heard the saying, “You are what you eat”? Think about that. If you put trash into your body and are inconsistent with proper nutrition, you may lose sleep, have a lack of energy, get depressed more easily, gain weight, be less productive at work, and the list goes on and on.



What questions do you have?

